

STRONGER THAN THE *Struggle*

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MEMORY VERSE:

*But you belong to God, my dear children.
You have already won a victory over those people,
because the Spirit who lives in you is greater than the
spirit who lives in the world.*

1 John 4:4 (NLT)

"After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw

BREAKING FREE FROM WHAT KEEPS PULLING YOU BACK

him lying there, and knew that he already had been in that condition a long time, He said to him, Do you want to be made well? The sick man answered Him, Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me. Jesus said to him, Rise, take up your bed and walk. And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath."

John 5:1–9 (NKJV)

1. IDENTIFY WHAT HAS YOU _____

"Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, Do you want to be made well?" **John 5:5–6 (NKJV)**

Freedom begins with honesty.

You _____ break free from what you keep excusing, hiding, minimizing, or naming incorrectly.

Action Steps:

1. **Ask God to _____ the real root, not just the visible symptom.**
2. Name the struggle honestly.
3. Stop romanticizing what has been damaging your life.
4. Write down one cycle you are determined to break.

2. STOP MAKING _____ WITH BONDAGE

The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." **John 5:7 (NKJV)**

Bondage survives where excuses are _____.

Action Steps:

1. Renounce agreement with every lie that says you cannot change.
2. Stop speaking hopelessly over your future.
3. _____ **to normalize what God calls bondage.**
4. Declare: "This may have been in my life, but it will not rule my life."

TO WIN THE WAR I MUST:

1. RECOGNIZE THE _____ WITHIN ME.

"... These two forces are constantly fighting each other, so you are not free to carry out your good intentions."

Galatians 5:17b (NLT)

3. LET JESUS CONFRONT THE _____

*"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free." **Luke 4:18 (NIV)***

Action Steps:

1. Ask God, "Show me the _____ of this struggle."
2. Repent for any sin that gave the enemy access.
3. Forgive people who wounded you.
4. Renounce every _____ attachment, agreement, and stronghold.
5. Invite Jesus into the deepest places of your pain.

4. _____ IN THE AUTHORITY OF CHRIST

Then Jesus said to him, "Get up! Pick up your mat and walk. At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath." John 5:8–9 (NIV)

Action Steps:

1. _____ immediately in the area God has been confronting.
2. Remove access to what feeds the cycle.
3. Cut off environments that keep pulling you back.
4. Replace passivity with prayer, worship, and accountability.
5. Walk like the chain is broken because Christ has spoken.

5. BUILD A LIFE THAT _____ THE STRUGGLE

"So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law."

Galatians 5:1 (NLT)

"Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace." Romans 6:14 (NLT)

Freedom grows where the struggle is no longer fed.

Whatever you repeatedly feed will eventually grow:

- flesh
- fear
- lust
- bitterness
- discipline
- faith
- intimacy
- obedience

If you feed the spirit, the struggle weakens....If you feed the flesh, the cycle _____.

A fire dies when it no longer receives oxygen. Many struggles survive because people keep giving them _____.

Action Steps:

- Remove access points that feed temptation.
- Replace toxic habits with holy habits.
- **Fill empty _____ with prayer, Scripture, and serving.**
- Stay in godly relationships and accountability.
- Build routines that strengthen your spirit daily.

THIS WEEK, DO NOT JUST PRAY FOR RELIEF—

PRAY FOR _____ FREEDOM.

MY NEXT STEP TODAY IS:

- ✓ I will memorize **1 John 4:4 (NLT)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

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(712)832-7030. Enter access code, 1919#.
The prayer line is
open daily from 6am-7am CST.

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"We Build Strong Families"
IN PERSON SERVICE TIMES

Saturday 6:00pm
Sunday 9:00am | 11:00am*

*In-person & Livestream available