

Breaking Free:

Finding Freedom in a World Designed to Keep You Hooked

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"A stronghold is anything that starts as your choice but eventually becomes your _____. It promises freedom, but it delivers bondage.

A stronghold offers temporary _____, but only Jesus offers lasting _____."

"And remember, when you are being tempted, do not say, God is tempting me. God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death."

James 1:13–15 (NLT)

HOOKED: Understanding How Strongholds Begin

No one wakes up wanting to become addicted. Every addiction begins with a _____ compromise that grows into a powerful stronghold.

How Behavioral Addictions Develop

1. _____ **(Trigger)** – something sparks the urge.
2. _____ – the desire grows.
3. _____ – the behavior.
4. _____ – temporary relief or pleasure.

1. RECOGNIZE THE TRAP BEFORE IT BECOMES A _____

MEMORY VERSE:

*"Temptation comes from our own desires,
which entice us and drag us away."*

James 1:14 (NLT)

Spiritual Truth: Most people believe addiction begins with a behavior. God says addiction begins with a _____.

Action Steps:
Ask yourself...

- _____ triggers me?
- _____ am I most vulnerable?
- _____ am I with?
- _____ am I feeling?
- _____ am I?

2. REJECT THE _____ THAT KEEP YOU HOOKED

"These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death." **James 1:15 (NLT)**

5 COMMON LIES WE TELL OURSELVES

1) "I _____ this."

Truth: God wants to give us _____, not escape.

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28 (NIV)

2) "No one will _____."

The Truth: Nothing is hidden from God.

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account."

Hebrews 4:13 (NIV)

3) "I can quit _____."

The Truth: The Bible warns us that whatever controls us becomes our master.

"Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living."

Romans 6:16 (NLT)

The question isn't: " _____ I stop?"

The better question is: "Has this begun controlling me?"

4) "This isn't _____ anyone."

The Truth:

"If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad."

1 Corinthians 12:26 (NLT)

5) " _____ does it."

The Truth: God never calls His people to follow culture. He calls us to follow Christ.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." **Romans 12:2 (NLT)**

Action Steps:

- _____ every lie with Scripture.
- Memorize God's Word.
- Pray immediately when temptation _____.

3. RUN TO CHRIST BEFORE THE CYCLE

_____ STRONGER

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." 1 Corinthians 10:13 (NKJV)

**Freedom isn't found by _____
stronger than temptation.**

**Freedom comes from _____ the
One who is stronger than temptation.**

Action Steps:

- **Identify one escape _____ before temptation comes.**
 - **Call an accountability partner.**
 - **Leave the environment.**
 - **Turn off the device.**
- _____.
- _____ the behavior with a healthy alternative.

**Recognize → Interrupt → Replace →
Reach out**

- **Recognize: _____ the trigger, desire, and lie.**
- **Interrupt: _____. Pray, Leave, remove access, or choose another response.**
- **Replace: Answer the lie with a specific biblical _____.**
- **Reach out: _____ a trusted person before isolation strengthens the temptation.**

MY NEXT STEP TODAY IS:

- ✓ I will memorize **James 1:14 (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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