

Breaking Free:

Finding Freedom in a World Designed to Keep You Hooked

Pastor Kendall Granger, Lead Pastor
Part 6, pastor@newlifeestl.com

**Freedom is not only a _____
when a chain breaks. Freedom is a
new way of _____ after
the chain breaks.**

**This new way of living is called
_____.**

*"For by one offering He has perfected
forever those who are sanctified."*

Hebrews 10:14 (HCSB)

FREE TO LIVE
How to Stay Free After You Break Free

**1. WE MUST _____ IN
CHRIST AND HIS WORD.**

"As He was saying these things, many believed in Him. So Jesus said to the Jews who had believed Him, If you continue in My word, you really are My disciples."

John 8:30–31 (HCSB)

**2. WE MUST _____ THE LIE
WITH PRACTICED TRUTH.**

**We must replace the lie with what God's
truth until truth becomes our
_____ response.**

A Simple Daily Routine

- 1. _____ before the day begins: “Jesus, my mind, body, choices, and desires belong to You.”**
- 2. Read a manageable portion of scripture and ask what truth it reveals and what obedience it requires.**
- 3. Carry one truth into the day, especially into your most vulnerable time.**
- 4. End with honest _____: Thank God, confess quickly, notice patterns, and prepare tomorrow’s faithful response.**

**3. WE MUST _____ EVERY LIE
THAT INVITES BONDAGE BACK.**

"We are descendants of Abraham, they answered Him, and we have never been enslaved to anyone. How can You say, You will become free? Jesus responded, I assure you: Everyone who commits sin is a slave of sin." **John 8:33–34 (HCSB)**

"Freedom is what we have—Christ has set us free! Stand, then, as free people, and do not allow yourselves to become slaves again." **Galatians 5:1 (GNB)**

- **Reject _____ and _____**
- **_____ the road before the relapse**

Use the **F.R.E.E.** Response

- _____ **the doorway.**
- _____ **the struggle.**
- _____ **the lie for truth.**
- _____ **a healthy action.**

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." **1 John 1:8–9 (NIV)**

CONGREGATIONAL DECLARATION: I will reject the lie, interrupt the pattern, and return to the light quickly.

**4. WE MUST _____ A LIFE
THAT PROTECTS AND MULTIPLIES
FREEDOM.**

MEMORY VERSE:

*"So if the Son sets you free, you will
be free indeed."*

John 8:36 (NIV)

Write a Personal Rule of Life

- _____ **connection with God through Scripture, prayer, surrender, and honest review.**
- Weekly community through worship, small group or recovery support, and accountability.
- _____ **boundaries for devices, money, locations, relationships, substances, schedules, and vulnerable times.**
- Healthy replacements such as rest, exercise, service, counseling, friendship, creativity, and meaningful work.
- **A _____ response plan for temptation, a lapse, emotional crisis, or danger.**

- **Use freedom to _____ others**

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love." **Galatians 5:13 (NIV)**

**I will build a life that protects freedom,
and I will use my
_____ to help somebody else.**

MY NEXT STEP TODAY IS:

- ✓ I will memorize **John 8:36 (NIV)**
- ✓ 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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