



# THE LIBERATED CHRISTIAN

## PART 2: LIBERATED FROM HABITS THAT ENSLAVE YOU

Many Christians have taken the first steps of recovery: Admit my powerlessness over my self-destructive behavior; believe God exists and can change me; and turn my life over to Him. Then why is *lasting* change still so hard?

### For continuing, lasting change, I must be...

#### 1. \_\_\_\_\_ my life

Make a searching and fearless moral inventory of myself

*“Let us examine and probe our ways... Lam. 3:40*

*“Search me, O God, and know my heart... Point out any wicked way in me.” Ps. 138:23*

#### 2. \_\_\_\_\_ my life

Admit to God, to myself, and to another human being the exact nature of my wrongs

*“When I kept silent, my bones wasted away... my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’-- and you forgave the guilt of my sin.”*

Ps 32:3-5

*“Therefore, confess your sins to one another, and pray for one another, so that you may be healed.” James 5:16a*

TLC Recovery: Mon. 7:30 pm Video Cry Room; Thurs. 7:00 pm Room 840 A & B

#### 3. \_\_\_\_\_ to have a new life

Be entirely ready to have God remove these defects

*“Jesus asked him, ‘Do you want to get well?’” John 5:6*

#### 4. \_\_\_\_\_ God to change my life

Humbly ask God to remove my shortcomings

*“Humble yourselves, therefore, under God’s mighty hand...” 1 Peter 5:6*

*“...O LORD... we are the clay, you are the potter.” Isaiah 64:8*

### As I begin this process, I must remember to...

#### 1. Focus on \_\_\_\_\_ not \_\_\_\_\_

*“Can a leopard change his own spots? Neither can you who are used to doing evil now start being good.” Jeremiah 12:23*

*“I can do all things **through Christ**, who gives me strength.” Phil. 4:13*

#### 2. Focus on \_\_\_\_\_ not \_\_\_\_\_

*“Be transformed by the renewing of your mind.” Romans 12:2*

#### 3. Focus on \_\_\_\_\_ not \_\_\_\_\_

*“He who began a good work in you will be faithful to complete it.” Phil. 1:6*

*“Don’t worry about tomorrow. Each day has enough trouble of its own.” Matt. 6:24*

## DAILY MEDITATIONS

**This week’s memory verse:** *“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24*

### Monday: Overview

Look back over your notes from last weekend’s message. What point really jumped out as something you would like to apply to your life this week? Why?

Read Philippians 1:6. Remember, it’s God who is masterminding the process of change in you, and He *will* complete the process - guaranteed! How can this help combat the discouragement that’s apt to come when trying to change?

*Thank God that He forgives you of your sins! Ask Him to help you remember that He is faithful to finish the work He’s begun in you!*

### Tuesday: The Review Step

Read Psalm 139:23-24. Today, make David’s prayer your own: Ask God help you do a “searching and fearless” moral inventory. It’s best to do a written inventory for many reasons. Here are some tips and suggestions:

1. Spend some time in prayer and meditation asking God to show you places your life needs to change, or ways you’ve hurt others or yourself. Write down what God seems to show you. Begin by writing down the obvious sins you struggle with habitually, then write down other areas God speaks to you about:

2. Read Exodus 20:3-17 (The Ten Commandments). Reference your actions and attitudes to these principles. What is God showing you? Write it down.

Remember, the point is not to feel more guilty, but to uncover and admit sin - and then accept God's healing, freeing you of guilt and shame!

*Thank Jesus that He died on the cross to forgive you for these specific sins and to help you with your struggles.*

### **Wednesday: The Reveal Step**

Only proceed to this step if you have already completed your moral inventory step from Tuesday's devotional. Read Psalm 32:1-5 and Proverbs 28:13. According to these verses, what are the results of confessing sin?

What are the results of holding it in instead of confessing?

According to James 5:16, is it really necessary to confess my sins specifically to another human being? Why is this hard for you?

*Ask God to bring to your mind a trustworthy Christian to whom you can confess your moral inventory. Call this person up today and set up a time to do this "reveal step". When confessing be as specific as possible, and take as long as you need to. Thank God today for His love and care for you.*

### **Thursday: The Ready Step**

Only proceed to this step if you have already completed Tuesday's devotional. Read John 5:1-6. Why would Jesus ask this question of a sick man?

Is it really possible to be sick and still not want to be healed? Why wouldn't people want to be healed of their habits or addictions?

Which of the following reasons for not wanting to be healed do you struggle most with?

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|--|--|
| <input type="checkbox"/> Fear of the unknown                     | <input type="checkbox"/> Fear God will "make me weird" |
| <input type="checkbox"/> I enjoy my habits too much              | <input type="checkbox"/> Fear God is mean              |
| <input type="checkbox"/> Fear God will demand too much of me     | <input type="checkbox"/> Fear I'll lose my "edge"      |
| <input type="checkbox"/> I don't want to lose control of my life | <input type="checkbox"/> Healing is hard               |
| <input type="checkbox"/> Fear of failing yet again               |  |

How ready are you to have God remove the character defects from your life?

*Pray: Lord, please help me to be entirely ready to give you complete reign in my life - even over my pet sins! Thank you that you are willing to heal me. Make me willing to be healed.*

### **Friday: Declared Not Guilty!**

Read Romans 3:23-28. Sometimes when we think of the sins we need to overcome, we can be overloaded with guilt! We deeply long to somehow make up the difference between what we are and what we want to be.

What do these verses say about your guilt and God's provision?

*Thank God today that you don't have to live a life burdened by guilt. Thank Him for His provision of Jesus to pay the penalty for your sins. Ask Him to strengthen you and your desire to set aside the habits that hold you back.*

### **Saturday: Review**

Please look over the devotions from this weekend and finish any you may have missed. Polish up on the memory verses too! Please pray for our services this weekend that will reach out to encourage and challenge those who attend. Thank you!