

LIVING FREE – PART 1
BREAKING THE CHAINS THAT BIND US

John 8:30-36

WHAT IS A “CHAIN”?

- *An action or feeling that overcomes me and steals the freedom that Christ promises me.*
 - 2 Peter 2:19, ... for whatever overcomes a person, to that he is enslaved.
- Resources:
 - Joyce Myer – The Battlefield of the Mind
 - Steve McVey – Helping Others Overcome Addictions

THE CYCLE OF ADDICTIONS

1. Craving the object of my desires.
2. Loss of control over its use.
3. Continued use regardless of the adverse consequences.
4. Repeat:
 - Each cycle more of the object is required.

KEY POINTS

1. Everyone has a chain. Chains can become “strongholds.”
 - 2 Cor 10:4, For the weapons of our warfare are not of this world but have divine power to demolish **strongholds**.

KEY POINTS

2. To break my chains, I must admit I have them. John 8:37, 2 Cor 4:4
3. Chains are revealed by comparing what I believe to what God says. 8:31-32
4. Jesus is the power that breaks my chains. 8:36. My obedience to Him is how I turn on His power.

KEY POINTS

5. My false identity as a slave rather than a son is the first place to begin.
6. Breaking a chain is a process that occurs little by little.
 - It begins by deciding I am.

NEXT STEPS

1. Ask the Holy Spirit to reveal your chains to you. Write them down. Pray about each one of them.
2. Memorize John 8:31-32
3. Make a decision today to bring Jesus and your obedience together to attack your chain, link by link.