

**How God Helps Me Break Free
Take Home Handout
June 21, 2009**

The Seven Deadly Sins:
Pride, greed, lust, anger, envy, gluttony, and sloth

Why can't I break free?

The Problem:

"My own behavior baffles me. For I find myself doing what I really hate, and not doing what I really want to do! I often find that I have the desire to do good, but not the power. I don't accomplish the good I set out to do, and the evil I don't really want to do I find I am always doing!" Romans 7:15-16,18 (LB)

"The spirit is willing but the flesh is weak." Mark 14:37

Results:

- * _____
- * _____
- * _____ and _____.

"It is an agonizing situation. Who can set me free from the prison of this mortal body?"
Romans 7:24

God's Promise:

"Jesus said, `...When you know the Truth, the Truth will set you free." John 8:32

FACT: Behind every self-defeating behavior is: _____.

Three Things I Need in Order to Break Free:

1. Acknowledge _____ of my _____.

Definition - "Sin":

"If we say we have no sin we are only fooling ourselves and refusing to accept the truth."
I John 1:8 (LB)

To stop defeating myself, I must stop _____ myself!

"Everyone who commits sin is its slave!" John 8:34 (Phillips)

2. Believe that _____ can _____ me.

"Who can free me from this prison... I thank God there is a way out through Jesus Christ our Lord!" Romans 7:24-25

"For the new spiritual principle of life in Jesus Christ lifts me out of the old vicious circle of sin..." Romans 8:2 (Ph)

"Jesus said, 'I AM the Truth!'" John 14:6

3. Commit _____ to _____.

"When anyone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!" 2 Corinthians 5:17 (LB)

"The Spirit God gives us doesn't make us timid; instead his Spirit fills us with power, love, and self control." 2 Timothy 1:7

Stop Trying! Start _____

"Where the Spirit of the Lord is, there is freedom." 2 Corinthians 3:1