

# What Keeps Me In Bondage

The ultimate lie of Satan is to get us to believe that we are God. In fact, we are neither the master of our fate nor the captain of our soul. God is in charge and He invites us to live in relationship with Him. If we are not serving the true God, then we are serving another god who deceives us into thinking that we are serving ourselves. Indulging our fleshly appetites doesn't satisfy them. It only creates a greater dependency and craving. Only those who hunger and thirst for righteousness will be satisfied. Those who find their identity, significance, and security in Christ will experience real life now and forever.

*Happy are those who long to be just and good, for they shall be completely satisfied.* (Matthew 5)

*Jesus said, "For anyone who keeps his life for himself shall lose it; and anyone who loses his life for me shall find it again."* (Matthew 16)

To win the spiritual battle we must be under God's authority. Only then can we resist the temptations of the devil. Trying to resist the devil without first submitting to God will wear us out and break us down. Submitting to God without resisting the devil will have the same effect. We must first submit to God, and then resist the devil. God's promise is that these two things, done in this order will have the result of the devil fleeing from us.

*But God gives us more and more strength to stand against all such evil longings. As the Scriptures says, God gives strength to the humble but sets himself against the proud and haughty. So give yourselves humbly to God. Resist the devil and he will flee from you.* (James 4)

*Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.* (1 Timothy 4)

If it is true that our perception of ourselves determines how we live, then it is critically important to know who we are. Are we just a product of our genetic makeup, our family background, and all the experiences of our lives? Are we bound to our past? Will it determine who we are and how we live for the rest of our lives? Did Jesus' death on the cross accomplish any more than a ticket to heaven?

*Jesus died for our sins just as God our Father planned, and rescued us from this evil world in which we live.* (Galatians 1)

*When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!* (2 Corinthians 5)

As we choose to believe and act on the truths that God tells us about who He is and who we are in Him, we can build a brand new life. It is a choice. It takes work. We have to act in new faith that God cares and God will take care of us. Lies keep us in bondage. Knowing and living the truth sets us free.

*Look, today I have set before you life and death, depending on whether you obey or disobey. I have commanded you today to love the Lord your God and to follow his paths and to keep his laws so that you will live. Choose to love the Lord your God and to obey him and to cling to him, for he is your life and the length of your days.* (Deuteronomy 30)

## Questions For Reflection and Discussion

1. How does God say my deepest needs and longings will be satisfied?
2. How do I live this two-part process of submitting to God and resisting the devil? Which is easier? Which is harder? Why do I need both parts?
3. What lies have I believed about the effects of my past experiences that have kept me in bondage?
4. What truths about God do I need to hold to, affirm, and repeatedly choose for?
5. How do I go about making a new life of freedom based on these truths about who I am in Christ?

## IN CHRIST

*I renounce the lie that I am rejected, unloved, dirty or shameful because IN CHRIST I am completely accepted. God says...*

John 1: 12	I am God's child.
John 15: 15	I am Christ's friend.
Romans 5: 1	I have been justified.
1 Corinthians 6: 17	I am united with the Lord and I am one spirit with Him.
1 Corinthians 6: 19, 20	I have been bought with a price. I belong to God.
1 Corinthians 12: 27	I am a member of Christ's Body.
Ephesians 1: 1	I am a saint, a holy one/
Ephesians 1: 5	I have been adopted as God's child.
Ephesians 2: 18	I have direct access to God through the Holy Spirit.
Colossians 1: 14	I have been redeemed and forgiven of all my sins.
Colossians 2: 10	I am complete in Christ.

*I renounce the lie that I am guilty, unprotected, alone or abandoned because IN CHRIST I am totally secure. God says...*

Romans 8: 1,2	I am free forever from condemnation.
Romans 8: 28	I am assured that all things work together for good.
Romans 8: 31-34	I am free from any condemning charges against me.
2 Corinthians 1: 21, 22	I cannot be separated from the love of God.
Colossians 3: 3	I have been established, anointed and sealed by God.
Philippians 1: 6	I am confident that the good work God has begun in me will be perfected.
Philippians 3: 20	I am a citizen of heaven.
2 Timothy 1: 7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4: 16	I can find grace and mercy to help in time of need.
1 John 5: 18	I am born of God and the evil one cannot touch me.

*I renounce the lie that I am worthless, inadequate, helpless or hopeless because IN CHRIST I am deeply significant. God says...*

Matthew 5: 13, 14	I am the salt of the earth and the light of the world.
John 15: 1, 5	I am a branch of the true vine, Jesus, a channel of His life.
John 15: 16	I have been chosen and appointed by God to bear fruit.
Acts 1: 8	I am a personal Spirit-empowered witness of Christ.
1 Corinthians 3: 16	I am a temple of God.
2 Corinthians 5: 17-21	I am a minister of reconciliation for God.
2 Corinthians 6: 1	I am God's co-worker.
Ephesians 2: 6	I am seated with Christ in the heavenly realm.
Ephesians 2: 10	I am God's workmanship, created for good works.
Ephesians 3: 12	I may approach God with freedom and confidence.
Philippians 4: 13	I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME!