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Free To Be Me!
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Video: <http://vimeo.com/apcwo/freetobeme>

Are You Really Free To Be You!

We take pride in our independence, that we can do whatever we please.

In a world where we pay such a great price for freedom, we still seem prisoners of ourselves, our compulsive behaviors, our self-destructive habits, crippling fears, enslaving emotions, violent tempers, secret addictions, and more.

Freedom is the ability to choose what is right and to refuse what is wrong or detrimental to you. When we lose this ability - we've lost freedom. We have our will - but if our will is enslaved to something that drives us - compulsive behavior, we've lost our freedom.

How often have you looked at yourself and said "Hmm...this is not what I used to be"...or "this is not the kind of person i knew I was..."

Compulsive, controlling behaviors can come up at any time, any place, in life.

Work, Looks, Possessions: Obsessed with accomplishment, accumulation, appearance, etc.

entertainments : compulsive TV or movie viewing, video gaming, shopping, etc.

Sexual prisons : serial affairs, serial dating, pornography, compulsive masturbation.

Food : overeating, anorexia, bulimia

Substances: Smoking, drinking, drugs

Emotional bondages : fear, hatred, hurt, bitterness, unforgiveness, etc.

Today, we talk about freedom from addictive behaviors, compulsive habits, etc.

Why Do We Get Enslaved?

#1 Everybody's doing the same thing - its socially acceptable

Social drinking. Just one "Bud". But this never stops.

Live in relationships.

Extra-marital affairs.

..etc..



- a, Some do it because of "**peer pressure**".
- b, Some do it as an expression of "**rebellion**" - I cannot be controlled by anyone else. Choosing to be a non-conformist as a sign of independence.
- c, Some do it as a "**status symbol**" - people at this stage in life or at this social standing do this.
- d, Some do it for the "**excitement**" of doing something that gives a feeling of adventure, etc.

Sin actually enslaves

Hebrews 12:1.....let us lay aside every weight, and the sin which so easily ensnares us,..

#2, Seeking Pleasure, Avoiding Pain

- a, We seek immediate gratification through pleasure and to avoid pain.
- b, We want to escape tension, pain, pressure, stress, etc.

So we take to various things that eventually enslave us: Smoking, Drugs.

Proverbs 21:17 He who loves pleasure will be a poor man; He who loves wine and oil will not be rich.

Ecclesiastes 2:1 I said in my heart, "Come now, I will test you with mirth; therefore enjoy pleasure"; but surely, this also was vanity.

Proverbs 14:12 There is a way that seems right to a man, But its end is the way of death.

#3, DENIAL - refusing to accept that we are losing our freedom

We get enslaved because we live in denial.

Don't Even Notice I Am Lying

Dr. David Hawkins in his book "Breaking Everyday Addictions" lists several different ways we deny we really are losing our freedom:

- Rationalization : we explain away something that is irrational, as rational.
- Justification : we make what is wrong seem right
- Minimization : we insist that it is not really a problem.
- Procrastination: I'll deal with it later
- Victimization: I am actually suffering because of someone else
- Blame: it's their fault that I am doing this
- Excuses: thousands of reasons as to why we are doing what we are doing

The problem with denial is that it is a temporary escape - but it only leads us further into our prison.



#4, ENSLAVED - sometimes we are so far gone, that we have become captives

We remain enslaved because we are powerless in ourselves to break free.

2 Timothy 2:26 and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will.

What Do These "Prisons" Do To Us?

#1, Limit our true potential

#2, We waste away - slowly but steadily

#3, Robs us of our destiny

Life seems meaningless. Life seems hopeless.

Facing Up With Reality

There is no shame in facing up with reality - and admitting where we really are.

Did you walk into your "prison" or did your "prison" just come upon you? It is most likely, that you gradually slipped into it, until the doors slowly and steadily shut behind.

Whatever your prison is - you need to face up to it.

We need to "come to our senses"

2 Timothy 2:26 and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will.

What is your prison?

Adultery

Proverbs 6:27-29,32

27 Can a man take fire to his bosom, And his clothes not be burned?

28 Can one walk on hot coals, And his feet not be seared?

29 So is he who goes in to his neighbor's wife; Whoever touches her shall not be innocent.

32 Whoever commits adultery with a woman lacks understanding; He who does so destroys his own soul.

Pornography

Lust for the opposite sex

Drinking

Drugs, Smoking

Lying, Cheating



*Abusive
Control/Manipulative
Wealth/Riches
Laziness*

Maybe your prison is something we have not named yet. But you know that your behavior is being controlled and that you need to break out.

Our Chains Can Be Broken!

Jesus Came To Set Us Free!

Luke 4:18 "THE SPIRIT OF THE LORD IS UPON ME, BECAUSE HE HAS ANOINTED ME TO PREACH THE GOSPEL TO THE POOR; HE HAS SENT ME TO HEAL THE BROKENHEARTED, TO PROCLAIM LIBERTY TO THE CAPTIVES AND RECOVERY OF SIGHT TO THE BLIND, TO SET AT LIBERTY THOSE WHO ARE OPPRESSED;

Isaiah 61:1 "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;

Isaiah 42:7 To open blind eyes, To bring out prisoners from the prison, Those who sit in darkness from the prison house.

The finished work on the Cross...in Him we have redemption through His blood....

we were not created to be prisoners.

We sold ourselves to the devil who steals, kills and destroys.

Jesus delivers us from this present evil world (Gal 1:4)

Jesus delivers us from the dominion of darkness (Col 1:13,14)

Jesus is the only One who brings us out of slavery to sin, satan, sickness

There is a new life awaiting You!

You don't have to be a prisoner to controlling habits.

You can become a new person!

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Revelation 21:5..... "Behold, I make all things new.".....

Romans 6:4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.



You can be washed, sanctified, justified

1 Corinthians 6:9-11

9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God.

11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

Today is Your Day To Walk Out Of Your Prison

Psalm 146:7 Who executes justice for the oppressed, Who gives food to the hungry. The LORD gives freedom to the prisoners.

The Lord will bring in fresh purpose. He will give you the power to break free.

However, you must be willing to:

RECEIVE His empowering - let go and let God take over. He will help you journey into wholeness.

Hebrews 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

CUT OFF - break away from your attachments. Whatever you tolerate will dominate.

Matthew 5:29,30

29 If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

30 And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

COME OUT - be willing to go through pain in order to receive the reward of being permanently free. No pain, no gain. No guts, no glory.

2 Corinthians 6:17 Therefore "COME OUT FROM AMONG THEM AND BE SEPARATE, SAYS THE LORD. DO NOT TOUCH WHAT IS UNCLEAN, AND I WILL RECEIVE YOU."

WALK DAILY - live this new life of freedom

Ephesians 5:8 For you were once darkness, but now you are light in the Lord. Walk as children of light

References:

Breaking Everyday Addictions, Dr. David Hawkins ISBN 978-81-7362-888-7