

Bondage and Freedom

When we think of "bondage," we often think of **external** things that oppress us such as a cruel dictator, prison, or slavery. We seldom consider the **internal** things that enslave us. This is a brief look at the spiritual things that bind us and what God's Word has to say about true freedom from those things that keep us from being and having all that God intends for us.

Things that bind us that we may not consider: (With which of these might you struggle?)

- Unforgiveness
- Worry and anxiety
- Depression
- No hope
- Apathy (I don't care)
- Ignorance
- Feelings of worthlessness
- Entertainment junky
- Substance addiction
- Laziness
- Greed
- Sexual lust or addiction
- Lust for money and material things
- Desire for power and control over others
- Arrogance
- Selfishness
- Ingratitude (not thankful)
- Entitlement ("I deserve")
- No purpose or meaning
- Skepticism or Pessimism (lack of trust)
- People pleasing (what others think about us)
- Anger management issues
- Victimization (people and things control me)
- Procrastination (I'll do it later)

(What lie might the enemy be using to create each area of bondage above?)

Consider the following Bible passages describing bondage and freedom:

Bondage:	Freedom:	Bondage:	Freedom:
1) John 8:34-35	> 8:31-32,36	4) James 4:1-4	> 4:5-10
2) Romans 6:16.	> 6:17-18	5) 1 John 1:6,8,10	> 1:7,9
3) Ephesians 2:1-3	> 2:4-10	6) 2 Peter 2:19-22	> 2 Timothy 3:16-17

What frees us:

- Forgiveness (Colossians 3:13; Ephesians 4:32)
- A desire to seek the truth (Luke 11:9-10; John 4:23-24)
- Confession and Repentance (1 John 1:9; 2 Corinthians 7:10)
- Prayer and meditation (Colossians 4:2; Ephesians 6:18)
- Be in God's Word regularly (Psalm 119:11; 2 Timothy 3:16-17)
- Eliminating people and things in our lives that feed the bondage (1 Corinthians 15:33; 2 Corinthians 6:14-18)
- Nurture relationships with others who honor Christ (Acts 2:42; Hebrews 10:24-25)
- Obedience to God (1 John 2:3-6; 1 John 5:3; James 1:22)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by the yoke of slavery.
Galatians 5:1

Questions to consider:

- 1) As believers in Christ, why is it important to be free from things that bind us, even though we won't lose our salvation? What DO we stand to lose?
- 2) How do we know and identify the things that Satan uses to keep us from what God wants of us, and for us? (2 Timothy 3:16-17)
- 3) Explain where the power and wisdom comes from to be set free of our bondage? (see 1 Corinthians 2:12-14)
- 4) What binds you presently and what could (and will) you do to be set free?
- 5) A good test of a life truly free in Christ is joy and peace in the midst of our difficult circumstances. On a scale of 1-10, where is your joy? What may be keeping you from a "10?"
- 6) How can you and will use the struggles that bind you to help others?

Satan's desire is not just to rob us of the answers, but the desire to ask the questions!