

# Freedom in Christ

With the guidance of the Holy Spirit, spend some time identifying what the condition of your soul is (heart, mind, will, emotions) ....looking into your inner most being and in the potentially hidden parts

## Hurt

**An unmet expectation by a person, yourself, or God.**

1. Who hurt me? (Myself, others, God) \_\_\_\_\_

2. What did they do? \_\_\_\_\_

3. How did it make me feel? \_\_\_\_\_

\*See Hurt feelings list on pg. 74. \_\_\_\_\_

4. Is this a familiar hurt from the past? When did it start? \_\_\_\_\_

\* Ask the Holy Spirit to reveal this to you. **Pray** *“Holy Spirit, is there someone else that originally hurt me like this? When did i feel this hurt for the first time?”*

Repeat Steps 1-4 with each hurt

## Wound

**This is a deep pain caused by a traumatic event. Identify any wounds on your heart that are unhealed. This may be connected to your familiar hurt.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fears

**Fear of Rejection, Insignificance, Failure, Betrayal, Abandonment, Fear of Man**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Lies

**Identify the things your hear in your head that do not line up with the truth of God's Word. (“You can't trust God, You're such a failure” You are not good enough”)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Strongholds

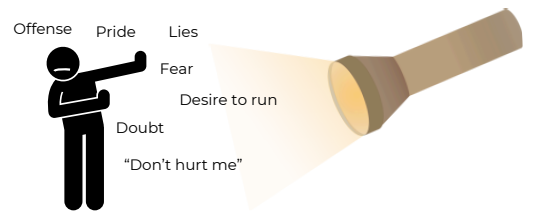
**This is a defensive mindset that sets itself up against God's voice and provokes unhealed places in our hearts. This could be an inner vow or ungodly belief. (ex. “I can't trust, I have to be strong, I will never love anyone again, I need revenge or to right this wrong, I'm the only one who can do it right.”** Pray and ask the Holy Spirit to show you these reactions that make your vulverable to demonic oppression.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strongholds/ Carnality

**Self-Preservation is a Flesh-Response to Wounds**

**Pride-Survival mechanism that forms outside of you**



**God only Reveals to Restore!**

If you feel exposed, it's because He wants to heal you!

### Anything Else?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Where do You need to experience Freedom in Christ?

#### Hurts Need to be forgiven.

Hurt is an unmet expectation that has now left a block on our hearts. Pray the forgiveness prayers on pg 162. Process the pain and release it back to God.

#### Wounds need to be mended.

Wounds are deep pain caused by traumatic moments that damage our hearts. This is not about digging up old pain, it's identifying the places unhealed that the enemy uses to oppress us. As we identify wounds, we can allow healing to begin by sitting in that pain, picturing ourselves there, and truly feeling how we felt. After identifying that pain, we can begin to speak comfort and truth over ourselves. Picture Jesus in the pain and know that He was there with truth and love. He redeems the memory with his presence.

#### A Spirit of Fear needs to be rebuked and replaced with love and trust.

Pray boldly in the name of Jesus and that spirit must flee! Perfect love casts out fear!

#### Lies from the enemy need to be severed and replaced with truth.

Satan is the father of lies and we can sever our agreement with him.

#### Strongholds need to be demolished in Jesus Name!

- We can demolish strongholds in Jesus' name and experience deliverance from the oppression that often leads us to sin.
- The Holy Spirit may reveal areas of bondage beyond this like generational curses or unhealthy soul connections that pull us away from a relationship with God.
- Generational curses manifest as we repeat negative, unhealthy patterns from our family history instead of walking in God's ways. ex.) Critical spirit, poverty mentality, past church hurts, people, teachings/doctrines we need to break agreement with.

**Pray through the prayers on pg 162 in your Freedom book  
Whom the Son sets free is Free indeed!**