Making Disciples

Notes for Session Twenty-four

Walking in Freedom

Session Goals

1. The disciple will recognize strongholds in their lives that they have already overcome and the lies associated with those strongholds.
2. The disciple will name two or three truths about God that have or will close the door to the enemy in his/her life.
3. The disciple will describe how to receive the Holy Spirit's help in spiritual struggles.

Begin the session praying together and reviewing the Action Steps from the previous week. The leader of the group should pray with individuals who had difficulty applying the information from last week. Thank God where there were successes in the application.

When you have been set free from enemy influences you need to stand against the enemy attempting to influence your life again. Be aware of counter attacks. Daily bind anything that continues to affect you and ask God for complete freedom. Be quick to repent if you sin. Forgive anyone who wrongs you. Do not give into anger or pride.

Do not focus on the enemy when you are tempted but focus on God and His help.

- Speak out and meditate on promises from God.

1 Corinthians 10:13 "No temptation has overtaken you, except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

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Romans 6:12-14 "Therefore, do not let sin reign in your mortal body, that you should obey it and its lusts. And do not present your members as instruments of unrighteousness to sin but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God. For sin shall not have dominion over you, for you are not under the law, but under grace."

Revelation 3:21 "To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on his throne."

1 John 5:18 "We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him."

- Remember you are the temple of the Holy Spirit.

As Jesus had a zeal for God's temple to be cleansed, he has a zeal for you to be cleansed and live free of the enemy and the sin that was part of your life.

John 2:13-17 "When it was time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves and others sitting at tables and exchanging money. So, He made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the moneychangers and overturned their tables. To those who sold doves he said, 'Get these out of here! Do not make my Father's house a house of merchandise.' Then His disciples remembered that it is written, 'Zeal for your house has eaten me up.'"

1 Corinthians 6:19 "or do you not know your body is the temple of the Holy Spirit within you whom you have from God? You are not your own, for you were bought with a price so glorify God in your body."

The context of this verse is sexual immorality.

- Pray simple prayers of dedication to the Lord.

Prayer of Francis of Assisi; "God, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt,

faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy."

1 Thessalonians 5:16-18 "Rejoice, always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

- Give thanks to Him for what He has done.

Psalm 30:1 "I will honor you highly, oh Lord, because you have pulled me out of the pit and have not let my enemies rejoice over me."

1 Chronicles 16:34 "Oh, give thanks to the Lord, for He is good, for His steadfast love endures forever!"

- Submit to God and resist Satan.

James 4:7 "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Galatians 5:1 "Stand fast, therefore, in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."

1 Corinthians 15:34 "Awake to righteousness and do not sin."

Colossians 3:5 "Therefore put to death your members which are on the earth, fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry."

Watch your gates.

Do not read, watch or listen to things that will cause you to sin, especially where you have been weak before.

Matthew 6:22-23 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore, the light that is in you is darkness, how great is that darkness!"

Psalm 101:3 "I will set nothing wicked before my eyes; I hate the work of those who fall away; it will not cling to me."

Guard your thoughts and your heart.

2 Corinthians 10:5 "Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

- Do not crave evil things.

1 Corinthians 10:3-6 "They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness. Now these things occurred as examples to keep us from setting our hearts on evil things as they did."

Colossians 3:2 "Set your affection on things above, not on things on the earth."

Proverbs 4:23 "Keep your heart with all diligence, for from it flows the springs of life."

1 Corinthians 6:12 "All things are lawful for me, but not all things are helpful. 'All things are lawful for me' but I will not be dominated by anything."

- Be aware of what you think about and control those thoughts that are not consistent with His commands.

Philippians 4:8 "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." ESV

2 Corinthians 10:5 "...bringing every thought. Into captivity, to the obedience of Christ."

Proverbs 23:7 "As someone thinks within himself, so he is."

Draw closer to God.

Each of us can be as close to God as we want to be, we can be as close to Him as anyone in scripture or anyone in history. He created us to have fellowship with Him and Jesus came to make that possible. We do not have to be perfect before we draw near to Him but as we do, He will change us.

James 4:8 "Draw near to God and He will draw near to you."

Hebrews 4:15-16 "But we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."

Jeremiah 29:13 "And you will seek Me and find Me when you search for Me with all your heart."

Learn who you are.

Look up, read, and meditate on the scriptures below. Memorize the ones that apply to areas where you are weak. Declare these scriptures over yourself daily. Do not confess unbelief when it does not line up with what God has said.

John 1:12 I am a child of God.

John 15:15 I am a friend of God.

Romans 8:38-39 Nothing can separate me from the love of God.

Ephesians 2:5 I am saved by grace.

Romans 8 :37 I am more than a conqueror.

Romans 8:1-2 I am not condemned.

Acts 1:8 I have received power.

Matthew 5:14 I am the light of the world.

Romans 5:1 I am justified by faith.

1 Corinthians 3:16 I am the Lord's temple.

2 Corinthians 3:18 I am being transformed into the image of Christ.

Ephesians 1:3 I am blessed in Christ with every spiritual blessing.

1 Corinthians 6:20 I was bought with a price.

Philippians 4:13 I can do all things through Christ.

Isaiah 62:4-5 He will rejoice over me.

1 John 5:18 I have been born of God and do not continue to sin.

1 Peter 2:23 I have been healed by his stripes.

Ephesians 2:10 I am His workmanship.

Colossians 1:13 I have been delivered from the domain of darkness.

Ephesians 3:12 I have access to God.

2 Corinthians 5:21 "I have become the righteousness of God."

Romans 8:29-31 "I am called justified and glorified."

- Meditate on who God is, see scriptures in earlier sessions.

Do not isolate yourself from other believers.

Spend time with people who will pray for you, encourage you, and be honest with you.

Ecclesiastes 4:9-10 "Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion, but woe to the one who falls when there is not another to lift him up."

Ecclesiastes 4:12 "Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."

Hebrews 10:24-25 "And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the day approaching."

Proverbs 18:1 "One who has isolated himself seeks his own desires; he rejects all sound judgment."

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Proverbs 27:17 "Iron sharpens iron, so one man sharpens another."

Do withdraw from the former friends and habits that would encourage you to sin.

1 Corinthians 15:33 "Do not be deceived: 'Bad company corrupts good morals.'"

Proverbs 12:26 "The righteous is a guide to his neighbor, but the way of the wicked leads them astray."

James 4:4 "...Therefore, whoever wishes to be a friend of the world makes himself an enemy of God."

Galatians 5:1 "Stand fast, therefore, in the liberty by which Christ has made us free, and do not be entangled again, with the yoke of bondage."

Action Steps

- Ask God to direct you to someone, who you can support in their Christian life who also can support you. Take a step to get to know that person better.

- If you have an area of temptation that you do not have the victory over, seek help from the group leader or another more mature Christian. Ask them to pray for you.

- James 5:16 "Confess your faults one to another and pray for one another that you may be healed."