

Spiritual And Emotional Freedom

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” II Corinthians 3:17

Freedom.

What comes to mind when you think of freedom?

Freedom, to be free, is a powerful, life-altering principle. A truth that men and women are willing to shed their blood for. To be free simply means absence of control or restraint. Freedom implies we are free to act independently without coercion. When we experience freedom nothing rules over us. We are not in bondage to anything or anyone when free.

Many people I meet with for pastoral counsel are not free. They are bound up in their spirit and emotions. Imprisoned on the inside. Time and time again I have heard hurting people, with tears streaming down their face, cry out “I just want to be free.”

If you are one of those people seeking spiritual and emotional freedom, I have good news for you. Jesus Christ, God’s Son, came to the earth to set us free.

In Luke 4:17-19, Jesus declared right up front at the beginning of His ministry what His purpose was in coming.

“And the book of the prophet Isaiah was handed to Him, and He opened the book and found the place where it was written:

The Spirit of the Lord is upon Me, because He anointed me to preach the gospel to the poor. He has sent me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are down trodden, to proclaim the favorable year of the Lord.”

Note Jesus said He came to “*proclaim release to the captives*” and “*to set free those who are downtrodden.*” Jesus came to the earth, preached truth, performed miracles, suffered personally, died on a cruel cross, and rose from the dead to set you and me free! Jesus resurrection released us from the penalty of sin...freed us from low self-esteem...freed us from emotional pain and heartache that comes with living on planet earth.

Salvation in Christ produces freedom. Jesus said in John 8:31-32 *“Jesus therefore was saying to those Jews who believed in Him, “If you abide in My word, then you are truly disciples of Mine, and you shall know the truth, and the truth shall make you free.”*

You shall know the truth and the truth shall make you free. Truth sets you and me free. The truth that is in Christ sets us free to be all God made us to be in His Son. You and I are not free.

Years ago I met with a young Christian lady who was struggling with freedom in her life. She and her fiancé’ had just broken up. She felt alone, confused, all bound up inside emotionally. She felt left out and left behind in her desire to be married. Negative self-talk ruled her thinking. Her raw, tender emotions ran the show, calling the shots, leading her down the path to depression and despair. She felt hopeless about her future. I remember well how she looked at me and said “Pastor Steve, will I ever be free from the things that torment me.”

I replied, “I am glad you asked”. Yes, you can be free! I shared II Corinthians 3:17 with her that declares *“The Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”*

Immediately, I saw hope in her eyes. It was like a light turned on inside. God revealed to her through this verse that she could be free. Her freedom would be found in the Lord. I encouraged her and prayed with her to allow the Holy Spirit to minister to her heart, setting her free from her fears and worries about her relational future. She welcomed freedom in Christ. She started to walk freely by faith, no longer in bondage to her emotions. Her dream of being a bride has come true. Recently I saw that she is married and happy with her husband and their new life together.

Jesus is our freedom.

If you are emotionally in prison, bound up, torn up, conflicted, confused and discouraged, I encourage you to seek freedom in Christ. He has the power to set you free spiritually and emotionally. His Word is truth, and the truth sets you and me free.

The truth is you are valuable to God just as you are. There is no one like and will never be. You are very special, made in His image, for His glory. In whatever circumstances you are facing, God loves you and believes in you. He has great plans for you, the hope of a future filled with success.

The Lord is on your side, by your side, pulling for you to rise up from the ashes of your disappointments and heartaches to receive His healing, restoring and renewing love. He wants you to be free!!!

Living a life of spiritual and emotional freedom means:

- **Getting off the guilt trip train.**
No more guilt and condemnation.
- **Staying out of the pit of self-pity.**
No more pity-poor-me-parties.
- **Slamming the door on shame.**
No more “shame on you”.
- **Standing confident as to who you are in Christ.**
No more taking people’s pulses.
- **A mindset of future success and significance.**
No more dwelling on past flops, failures and fumbles. The future is forward.
- **Conquering life’s challenges with peace and joy.**
No more victim mentality. Be a victorious vessel.
- **Cutting yourself some slack.**
No more beating up on yourself for mistakes.
- **A grace-based life.**
No more legalistic lifestyle. Away with works/righteousness religion. Walk in the grace of God. Treat others graciously.
- **Choosing to be better, refusing to be bitter.**
No more resentment and bitterness.
- **Resisting the spirit of worry and anxiety.**
No more worrying about life.
- **Rising up in the resurrection power of Christ!**
No more living like dead men.

Five Simple Steps to Spiritual and Emotional Freedom

- ✓ **ADMIT** that you need to be free. Stop denying you are in prison. Start recognizing you are all bound up. Quit blame-shifting. Take responsibility for your lack of freedom. Reject excuses and justification for lack of freedom.
- ✓ **SUBMIT** to God’s process for setting you free. The truth will set you free. So stop believing lies. Surrender to the truth in Christ. Allow the truth to search your heart. Don’t be afraid to face truth. Honestly look at what the Holy Spirit puts His finger on in your life. Face the truth with faith in God and His power to set you free.
- ✓ **COMMIT** to obey all God directs you to do in the freedom setting process. He will require you to renew your mind with his Word. You may have to dis-associate with unhealthy, dysfunctional people who bring you down. You may have to

change some habit or lifestyle patterns that create bondage. Do whatever the Lord tells you to do.

✓ **REFIT** your life according to the freedom promised in God's Word. Crawl up on God's operating table and let the Good Physician rebuild your life. Release you past. Reach for the future. Receive a new vision for who you can be in Christ...a person who is free to enjoy walking with the Lord everyday

✓ **TRANSMIT** your newfound freedom to others who long to be free. Share what God has done in your life. What He has done for you He will do for others who seek freedom.

YOU CAN BE FREE....free to be all God created and redeemed you to be. If you are ready to experience spiritual and emotional freedom in Christ start here.

Set Yourself Free

You can unlock the pain that imprisons your soul. The chains of condemnation, the bars of bitterness, the isolation of unforgiveness can be broken. You have the key. It is called faith. Faith in the Lord and His promises of freedom will break down the prison doors that have held you back.

Refuse to be imprisoned any longer. Choose to be free. Apply God's Word to your specific situation. Forgive yourself for your sins and failures. Bury your disappointments in the blood of Christ. Get off the guilt trip train. Slam the door on self-pity and shame. Receive God's grace, mercy and lovingkindness. Rejoice that you are free in Him.

Go ahead...take steps to freedom. There is nothing like being free to be me!

“There is therefore now no condemnation for those who are in Christ Jesus, for the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.”
Romans 8:1-2

Set Other People Free

Who do you know that is struggling to be free? Do you have something to do with their imprisonment? Did you cause their pain or heartache?

You can help them be free. Set them free through forgiveness. Release whatever has come between you. Name it. Call it what it. Then let it go. Refuse to rehearse and nurse hurt. Forgiving others sets us and them free from the pain of sin. Treat them with kindness and tenderness. Forgive as you have been forgiven.

Why not help people you love to be free like you are in Christ?

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God n Christ also has forgiven you.” Ephesians 4:31-32

Walk In Freedom in Christ

Freedom in Christ is more than a good idea...it is a healthy lifestyle. Christian freedom sets us and everything that touches our lives free! Paul tells us to use our freedom wisely and properly. Freedom should be exhibited by loving and serving others.

It is fun and fulfilling to be free in Christ and love and serve people in His name! Who can you love and serve today because Jesus has set you free?

“For you were called to freedom brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. For the whole Law is fulfilled in one word, in the statement, “You shall love your neighbor as yourself.”

Galatians

5:13-14

Personal Application

SPIRITUALLY

- This is where I need to be free spiritually _____.
- What do you believe about the grace of God? How can grace set you free?
- How can you apply God’s grace to your situation?
- This is what I will do to secure spiritual freedom in my life.

1. _____
2. _____
3. _____

Thank you Lord for setting me free!

EMOTIONALLY

- This is where I am emotionally in prison _____.
- Why do you feel the way you do? How are your emotions bound up?
- What keeps you from being emotionally free? What keeps your heart in turmoil?

- This is what I need from the Lord to heal my hurting heart _____
_____.
- These are the steps I will take to allow the Lord to set my emotions free.
 1. _____
 2. _____
 3. _____

Thank you Lord for setting me free!

“If therefore the Son (Jesus) shall make you free, you shall be free indeed.”
John 8:36

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