



Freedom and Transformation

Two Truths About Walking In Freedom:

1. Jesus wants **YOU** to be whole in your soul. III John 2, Isaiah 53:3-5, Hebrews 4:15
 - Our soul is made up of our freewill, our mind and our emotions.
2. Jesus paid the price for you to be healed and restored in your soul. Luke 4:18-19, Matthew 11:28-29 (New Living Translation), Psalm 23:1-2
 - **RESTORE** (Greek Implication) - Turn back, to return.

Two Steps To Help You Start The Freedom And Transformation Process:

1. You must come out of isolation.
 - We are only as sick as the secrets we keep.
 - Don't hide behind the hurt or the addiction—or whatever it may be for you.
 - What you don't confront—you will never conquer.
 - Talk to a trusted, godly friend, counselor or pastor.
2. Change the narrative in your mind.
 - Change the daily conversation you have with yourself.
 - Change with story you have created in your own mind. Proverbs 2:7
 - No matter what people did to me, I am fearfully and wonderfully made.
 - They didn't value me because they didn't know my worth! But I know who I am in Christ!
 - There is absolutely nothing wrong with me. I am God's favored child. I am His masterpiece! I am worthy of being loved and having great relationships.
 - People tried to put me down, but they can't keep me down because God has a plan for my life.
 - I CAN forgive those who hurt me because the Holy Spirit will help me walk it out.
 - I was a victim, but I will live as a VICTOR because of what Jesus did for me!

Suggestions For The Week Ahead:

1. Meditate on the Scriptures I have shared with you tonight so they will get in your spirit and become a part of who you are.
2. Start writing down the issues, challenges, and hurts that you are dealing with. Start praying about them and ask God to reveal things to you that you need to know.
3. Start releasing these things to God.
4. Stop the wrong story lines in your mind and start speaking God's Word over your life and future.

Additional Scripture References: Proverbs 4:22, I John 2:5, I Corinthians 15:35-44, Romans 7:18, Psalm 23:1-2, John 8:36, II Corinthians 2:14