



## ENJOYING COMPLETE FREEDOM

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If you always make the easy feel-good choices, then your life will be hard, but if you make the right and hard choices, your life will always go better.

### **Ephesians 3:14-20 (NLT):**

*When I think of all this, I fall to my knees and pray to the Father, <sup>15</sup> the Creator of everything in heaven and on earth. <sup>16</sup> I pray that from his glorious, unlimited resources he will EMPOWER YOU with INNER STRENGTH through his Spirit. <sup>17</sup> Then Christ will make his home in your hearts as you trust in him. Your ROOTS will grow down into GOD'S LOVE and keep you strong. <sup>18</sup> And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep HIS LOVE IS. <sup>19</sup> May you EXPERIENCE the love of Christ, though it is too great to understand fully. Then you will be made COMPLETE with all the fullness of life and power that comes from God. <sup>20</sup> Now all glory to God, who is able, through his mighty power at work WITHIN US, to accomplish infinitely more than we might ask or think.*

### **Passion Translation:**

*I ask him to strengthen you by his Spirit—not a brute strength but a GLORIOUS INNER STRENGTH... And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the EXTRAVAGANT DIMENSIONS of Christ's love. Live FULL LIVES, full in the fullness of God... God can do anything, far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working WITHIN US, his Spirit DEEPLY and GENTLY within us.*

### **4 Truths for Your Spirit:**

- 1. Jesus is saying that the Holy Spirit will empower you with His glorious inner strength.**  
God gives us an inner strength that we do not have on our own. Strength to overcome, to keep going and doing the right thing, and strength to forgive. We can draw on and depend on that strength.
- 2. It is God's desire that you understand and experience His extravagant love for you personally.** There are things we do, things that others do to us in life that can make us feel unloved by God, or you may feel you are not worthy of God's love. That is what Satan wants you to believe, but God wants you to know that He loves you deeply and unconditionally. You are His creation and He created you as a masterpiece. Nothing and no person can change that.
- 3. God wants you to live life fully!** God wants you to live life to the fullest through Him. There is a great and fulfilling life beyond addictions and beyond the challenges you have experienced in your life. God wants you to be FULLY ALIVE and not just coping, barely getting along, or feeling less than. You are made for more than that!
- 4. God wants to do a deep and gentle work within you by the Holy Spirit.**



I encourage you to read the passage in Ephesians daily for a while and meditate on what God is saying to you.

**Start praying:** Father, thank You for empowering me with Your inner strength. Show me Your love. Help me to understand and experience and welcome Your extravagant love FOR ME. Help me to live life FULLY – being complete in You. Father, do a deep and gentle work in me. Show me the lies I have believed. Bring healing to the brokenness I feel and to the wounds that I am carrying. In Jesus' Name. Amen.

**Allow the Holy Spirit to reveal anything you need to know as you read through these questions:**

**1. Have you believed any lies about God?**

- That He is mad at you? That He does not love you, or He does not love a part of you? Take a moment and think about that. God loves you WHEN you do good and when you do wrong. Maybe you think deep in your heart that God was the cause of your hurt, heartache, or trauma. **Write anything down that comes to you.**
  - God has given every person FREEWILL—the freedom of choice. People make harmful choices that displease God, and that breaks His heart. Many times, people CHOOSE to do evil things to good people, and God is never pleased when you are mistreated or abused in any way. He longs to love you and heal you. There is not anything wrong with you. You did not do anything to deserve mistreatment. What happened to you was not the will of God.
  - God can take what was meant for your harm and bring HEALING. He can actually TURN IT AROUND for YOUR GOOD. Only God knows how to do that. He can bring true healing and wholeness in you. God is a good God and He does not bring evil upon His children. **If there is anything you need to write down, do it now.**
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**2. Have you believed and even lived out a lie that someone else has spoken over you?**

- “You will never \_\_\_\_\_.” Or “You are not \_\_\_\_\_.”
  - We don't always realize how deep words go into our heart and mind and we begin to live with them, affecting our lives in a negative way. But no more! The Holy Spirit will begin to reveal those lies to you. The other half of this is, are you telling yourself lies? Are you critical of yourself and putting yourself down? The Holy Spirit will help you uproot these lies. **Write down anything that comes to your spirit.**
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**3. Do you have hurts and wounds from the past that you have not dealt with?**

- Search your heart and think about why you are angry. Why are you hurting? What is the root cause? Do you feel betrayed or abandoned? People may have deeply hurt and wounded you, but God can do a deep and gentle healing in your life.
- God does not want you to remain brokenhearted, captive to anything, or oppressed. (Luke 4:17)

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**Three Truths to Meditate On:**

1. I am deeply and extravagantly loved by God, my Heavenly Father, and nothing can separate me from His love.
2. God has empowered me with His inner strength by the Holy Spirit within me!
3. I will live life to the fullest! I am complete in Jesus! I am healed, whole, and healthy in my soul, emotions, and heart!

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