



BREAKING FREE

Part 1

Light, Desire, and Power

This past weekend Pastor Ken started our new series called *Breaking Free – Unleashing the best Version of Yourself*. We will be looking at why it can be so hard to break free from the habits that have a way of holding us back and strategies to help you do so. During this series we would like to invite you to go through these points with someone at work, your family, or find a place to do it alone or with a friend. Let's grow and do life together.

So, if the Son (Jesus) sets you free, you will be free indeed.
John 8:36

1. What is one habit that is causing you the most grief or pain in your life? If your tired of living that way and know that God doesn't want you to live this way, you can be transformed (read Ephesians 4:22-24 and Philippians 1:6).
2. If you are not sure what you need to change in your life, ask God to turn up the light (read Ephesians 5:13 and Psalm 119:105). Allow the Bible to read you, study you, and look at you like a lamp. God uses the Bible to show us what we need to see.
3. Maybe you already know what habit it is but what you need is to intensify your desire. Ask God to help you crank up the intensity you need to break free.
4. To break free and stay free you will need more than will power. Will power only takes you so far but without the Holy Spirit, you can run and run and run until you are out of breath. We lose hope, lose heart, give in or give up. But if we say to ourselves what is impossible with man is possible with God and we ask Him for the power we need we can be free (read Romans 7:18 and 8:2). Are you ready to get rid of habits holding you back to become the best version of who you are?

Close in prayer