

# SERMON NOTES



April 15, 2018

## **7 Top Deadly Emotions:**

1. Shame, guilt, regret, resentment, and condemnation -
  - Focus on going forward and not looking at the past.
2. Uncontrolled Thoughts -
  - We are what we think. We can't rise above your thoughts.
  - Your dominate thoughts determine the direction of your life.
  - Uncontrolled thoughts destroy your life.
3. Lust, desires, and habits that are not of God -
  - Overcome by replacing these with a Godly desire, dream, and habit.
4. Fear -
  - Fear is a magnet.
  - What you fear will come upon you.
  - Replace fear with faith.
5. Bitterness -
  - Focus on what you have, not on what you have lost.
  - Bitterness will destroy your life.
6. Hopelessness -
  - Holy Spirit will help us get our emotions in control.
7. Insecurity -
  - Build your confidence.
  - Take a risk, leave the familiar, and move into the unfamiliar.

## **Matthew 11:28-30 (MSG)**

<sup>28-30</sup> *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

## **5 Keys - How To Break Free:**

1. Know God
2. Love God
3. Obey God
4. Grow in God

## 5. Glorify God

- Freedom is a process and comes through steps.
- Learn to walk with God - expectation.
- Learn to work with God - cooperation and participation.
- Walking in expectation is walking in faith.
- Obeying God is the key to breaking free and increase.

### **John 8:36 (KJV)**

<sup>36</sup> *If the Son therefore shall make you free, ye shall be free indeed.*

- Jesus can liberate you and set you free.

### **John 8:31 – 32 (KJV)**

<sup>31</sup> *Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; <sup>32</sup> And ye shall know the truth, and the truth shall make you free.*

### **Breaking Free Is A.....**

1. Choice
2. Commitment to God
3. Closeness to God

### **Discussion Questions:**

1. What are the five keys to breaking free?
2. What is breaking free?