

FREEDOM®

WHO THE SON GETS FREE*



FREEDOM[®]
IT'S A JOURNEY

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SESSION 1

Holy Spirit

SESSION 1 Holy Spirit

Who Holy Spirit Is

Who is Holy Spirit?

Holy Spirit has been with the Father & Jesus since the beginning of Creation - Gen. 1:1-2 NKJV

Holy Spirit is the 3rd person of the Trinity - Gen. 1:1-2 NKJV

Holy Spirit is our Gift - John 16:7 NIV

Holy Spirit is our Helper - John 14:16-17 NKJV

How does Holy Spirit help us?

Holy Spirit Convicts us - John 16:8 NLT

Holy Spirit Gives us Hope - Romans 15:13 AMP

Holy Spirit Gives us Power - Acts 1:8 NLT

Holy Spirit Guides us in all Truth - John 16:13 NIV

ESSENTIAL SCRIPTURE

2 Corinthians 3:17-18 AMP *Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, true Freedom). And we all, with unveiled face, continually seeing as in a mirror the glory of the Lord, are progressively being transformed into His image from (one degree of) glory to (even more) glory, which comes from the Lord, (who is) the Spirit.*

WHAT IS BAPTISM OF THE HOLY SPIRIT?

The baptism of the Spirit is an “immersion of the Spirit.” When you are baptized with the Spirit, you receive strength, power, and boldness from God to accomplish your work and overcome sin in your life.

The Spiritual Gifts of the Holy Spirit

1 Corinthians 12:7-11 NKJV But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.

ONE *The Holy Spirit baptizes us in Jesus – 1 Cor. 12:13 “For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit.”*

TWO *The disciple baptizes us in water – Matt. 28:19 “Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,”*

THREE *Jesus baptizes us in the Holy Spirit – Matt. 3:11 “I indeed baptize you with water unto repentance, but He who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.”*

How Can I Be Filled with Holy Spirit?

- *Accept Jesus as your Lord and Savior. (Romans 10:9)*
- *Ask to be filled. (Luke 11:9-13)*
- *Desire it, as a person who is thirsty desires a drink. (John 7:37-39)*
- *Believe you have received the filling of the Spirit. (Mark 11:24)*
- *Receive. (Acts 2:4)*

NOTES

NOTES

SESSION 2

Life Wounds

SESSION 2 Life Wounds

Life wounds are events or words spoken over you or to you that cause you to question your identity and worth.

Generational Sins: Weaknesses and sinful acts learned or inherited from your parents and other family members.

(Exodus 34:6-7; Ezekial 18:2, 20; John 9:1-4; Hebrews 9:22; Romans 3:23-25)



Word Curse: Words spoken to you or over you that contradict your true identity as a child of God. *(Prov. 18:21; James 3:10)*



Soul Ties: When you give your heart to someone or something that God didn't approve of, that tie binds your soul until it's severed and healed. (*Gen. 2:24-25; Eph. 5:31; 1 Cor. 6:16-20; James 5:16*)



Vows: A promise or oath you swear to yourself in an effort to soothe your wounded soul during a painful moment or after a painful experience. (*Numbers 30:2; Deuteronomy 23:23*)



NOTES

SESSION 3

99 Lies

SESSION 3 99 Lies

Ask the Holy Spirit to reveal to you if you have been partnering with any lies of the enemy that are preventing you from fully connecting with God and living in all that He has for you.

We will use the following three-step process:

- 1. Recognize the Lie.**
- 2. Reject the Lie.**
- 3. Replace the Lie.**

Step 1 *Recognize the Lie*

Listed on the next few pages are 99 examples of the kinds of lies the enemy uses to interfere with our ability to love God and love others. Read through these and identify the lies that you believe.

After you identify which ones apply, ask Holy Spirit to identify the root of these lies by asking the following questions. Make notes underneath the ones you identify.

How has this interfered with your ability to connect with God?



How has partnering with this lie impacted your life?



Where did this lie come from? Was it spoken over you by someone?



Was there a particular experience or event that may be the root cause? (What was it?)



Is there is a person whom the enemy may have used to inflict this wound or persuade you of this lie? (Who was it?).



Steps 2 and 3 *Reject the Lie and Replace the Lie*

Reject every lie you may have believed that doesn't align with what God says is true, and ask God to reveal the truth to replace each lie.

Identify one lie, and go to one of our prayer partners and confess it. The prayer partners will stand with you in prayer as you both ask Holy Spirit for a truth to replace the lie.

Lies have one goal in two parts:

- 1) To distort the reality of your true identity as a son or daughter of God.
- 2) To distort the picture of who God is and His nature.

You will find here a list of 99 lies under five different viewpoints. The viewpoints will help you identify where you're more susceptible to believe lies. Is it an attack on your identity? Or, is it an attack on the very nature of God and how you view Him, resulting in how you perceive He views you?

Lie	Truth
<i>I'll never be good enough</i>	TRUTH
<i>I'm not pretty</i>	TRUTH
<i>I'm not good at anything</i>	TRUTH

My abortion proves I am a bad person

TRUTH

I'm not a good father/mother

TRUTH

I'll always be depressed

TRUTH

I am not known

TRUTH

I am flawed

TRUTH

I am neglected

TRUTH

I am powerless

TRUTH

I don't have a voice

TRUTH

No one will protect me

TRUTH

I am stupid

TRUTH

I can't communicate very well

TRUTH

I need to be in control

TRUTH

I am self-sufficient

TRUTH

I don't need anyone

TRUTH

*I need to fix my own problems
without help*

TRUTH

*I need to compare myself to
successful people*

TRUTH

*I need to compare my gifts and
abilities to others*

TRUTH

My success is never enough

TRUTH

If I had more money, I would be happy

TRUTH

I need to protect myself by not being vulnerable

TRUTH

My parents' divorce was my fault

TRUTH

I am trapped and there is no way out

TRUTH

I am a man so I have to be strong

TRUTH

I am a woman so I am weak

TRUTH

If it is to be, it is up to me

TRUTH

I can't hear from God

TRUTH

I was a mistake; my parents didn't want me

TRUTH

I am not worthy to receive forgiveness and God's grace

TRUTH

God made a mistake with my sexual orientation // God made me the wrong gender

TRUTH

I'll never be loved

TRUTH

I'll never be able to trust a man/woman

TRUTH

I can't make good, close friends

TRUTH

Others think negatively about me

TRUTH

If others knew the truth about me, they'll reject me

TRUTH

I can't ever be close to my husband/wife, kids, or anyone

TRUTH

Having a child will make my marriage better/stronger

TRUTH

***If I'm not happy, I should
move on***

TRUTH

***I should be, or need to be blind
to others' faults***

TRUTH

***I need to be careful and not
open***

TRUTH

***Others' needs are more
important than mine***

TRUTH

***I will always need to hide
something***

TRUTH

I am alone in my marriage

TRUTH

***I need to hold resentment to be
safe emotionally***

TRUTH

***I need to idealize what I want
in my marriage***

TRUTH

I will always be abandoned

TRUTH

I don't fit in

TRUTH

I can't trust anyone

TRUTH

I can be controlled by anyone

TRUTH

I don't need touch

TRUTH

I can't let people know they hurt me

TRUTH

I have to perform to be accepted

TRUTH

I must stuff all difficult emotions

TRUTH

I must never share my emotions

TRUTH

My opinions are wrong

TRUTH

I must avoid conflict with adults and keep the peace at all times

TRUTH

I am angry and hurt at my dad/mom, my abuser, my ex, but I can't express emotions

TRUTH

Rage protects me

TRUTH

I can't be assertive with my wife

TRUTH

Busyness protects me

TRUTH

I can't take risks

TRUTH

I won't ever be a success, so there is no point in trying new things

TRUTH

I must settle for mediocracy

TRUTH

I must play it safe in life

TRUTH

It's not ok to make a mistake

TRUTH

Those who fail are unworthy of love and deserve to be blamed and punished

TRUTH

Because of my past I am damaged and unrepairable

TRUTH

I will always be lonely

TRUTH

I will never be content

TRUTH

I have to plan every day of my life

TRUTH

God is not good

TRUTH

God is not real

TRUTH

God is punishing me for my sin

TRUTH

God is disappointed in me

TRUTH

God doesn't love me

TRUTH

At best, God tolerates me

TRUTH

***I've done too much for God to
forgive me***

TRUTH

***God doesn't want to be close
to me***

TRUTH

***God can't and won't use me in
His service***

TRUTH

***I don't feel like God answers
my prayers***

TRUTH

***God doesn't care about my
suffering***

TRUTH

Hell is not real

TRUTH

All religious paths lead to the same place

TRUTH

God helps those who help themselves

TRUTH

Sex is taking pleasure

TRUTH

Sex is secret and hidden

TRUTH

Sex is dirty

TRUTH

Sex is normal in dating

TRUTH

Sex is necessary for my health

TRUTH

Sex is the most important part of a relationship

TRUTH

Everyone is sexual before marriage

TRUTH

*Everyone looks at pornography
so it must be ok*

TRUTH

Sex is a chore

TRUTH

Sex is expected

TRUTH

Sex causes anxiety

TRUTH

Prayer of Rejecting the Lie

Father, please help me recognize the lies that I have been believing or believed. Direct me to Scripture or speak to my spirit, Holy Spirit, to let me know what You say is true.

I reject the lie in Jesus' name and I replace the lie with this truth

The truth is _____ in Jesus' name!

SESSION 4

Press On

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians 3:12-14 (NLT)

SESSION 4 Press On

Where Do We Go From Here?

1. We Can Quit
2. We Can Maintain
3. We Can Press On

3 Disciplines To Help You Press On Toward Freedom

1 **Prioritize Daily Time with God**

Mark 1:35 (NLT)

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

2 **Understand God's Character and Our New Identity in Him**

Colossians 3:10 (NLT)

Put on your new nature, and be renewed as you learn to know your Creator and become like Him.

3 **Stay in Biblical Community; Find a Small Group**

Hebrews 10:24-25 (NIV)

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

4 **Find a Place to Serve**

Colossians 3:17 (NIV)

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Joshua 24:15 (NLT)

...choose today whom you will serve... But as for me and my family, we will serve the Lord."

COMMUNION

1 Cor. 15:3-8 For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Peter, and then to the Twelve. After that, he appeared to more than five hundred of the brothers at the same time, most of whom are still living, though some have fallen asleep. Then he appeared to James, then to all the apostles, and last of all he appeared to me also, as to one abnormally born.

We follow Jesus by participating in communion as a Church community. Communion is for anyone who believes in and trusts Jesus Christ alone for his/her salvation. As you take communion, examine your heart before the Lord, laying down in repentance anything you're holding on to.

TAKING THE ELEMENTS

1 Corinthians 11:23-26 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

Take the Bread

25 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

Take the Cup

PRAYER

Thank you, Jesus, for dying for my sins and gifting to each of us eternal salvation with God. Thank you for healing me, delivering me, and restoring me to my identity in Christ and showing me how to walk in freedom. I love you, Jesus. Thank you for loving me and showing me how to love others.

Over the past several weeks, in your groups as well as during this event, each of you has had a significant experience with the Lord. Many of you have experienced freedom for the first time. We pray that you will continue to walk in freedom every day.

How to Keep Your Freedom

The enemy is relentless, and he wants nothing more than for you to lose your freedom and your peace. YOU must be intentional and diligent about protecting your freedom by resting, worshiping, staying in God's Word, staying in biblical community, and staying accountable.

Self-Care to Ensure Freedom

Rest

Your body and soul were created for rest. Take one day a week or even one hour every day to unplug. Turn off your phone. Take naps. Do whatever you need to rest your body and soul.

One way to slip out of freedom and back into bondage is to disregard your body and soul's need for rest. When you get physically tired and soul-weary, it's easy for us to slip back into unhealthy habits that can cause destructive choices and regret, like losing patience with those around you, overeating, overdrinking, looking at porn, etc.

Worship

There are a variety of ways to enter into God's presence: sing, write, or dance before Him. Your imagination is a powerful gift from God. Imagine Him sitting near you, and just talk to Him.

Stay in His Word

Read the Bible. Join a Bible study group. Listen to the spoken Word. Meditate on His Word. Embed it in your heart.

Stay in Biblical Community

We are created for relationships, and life change happens within relationships. Join one of Bayside's many small groups, available at every campus.

Stay Accountable

Surround yourself with people to whom you can safely confess your sins and with whom you can be open and transparent. Choose people who love you enough to encourage your faith, perhaps a pastor, mentor, or counselor.

Next, you'll find 30 devotions to encourage you to walk in freedom every day and in every situation. Choose freedom by continuing to connect to your Source. Remember, freedom is not the absence of something but the presence of Someone.

DAY 1 Making the Most of Your Time

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.
Ephesians 5:15-17 ESV

Each day is a unique gift from the Lord. Unlike a movie, it cannot be rewound or replayed. Once it is gone, it is gone forever. Are you effectively using the time the Lord has given you within each precious day? It is easy to fall into the same habitual pattern day in and day out with a sense of complacency as life seems relatively easy, comfortable, and safe. Yet, this lack of God-given purpose often stems from an unhealthy emphasis on self, along with failure in the call to serve God and others. Jesus calls us to be the light of the world: "...let your light shine before others, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:16 NIV). Don't waste your God-given talents on inaction or self-absorbing matters. Pray that the Lord will place on your heart how best you might serve Him each day, and that you will follow through without making excuses. Set aside time daily to be with the Lord alone, asking for His guidance and direction. As you draw near to God, His Holy Spirit will fill you with renewed energies, inspiration, vision, joy, and purpose.

PRAYER FOCUS

Pray that the Lord will make apparent His plan for you each day. Pray that you will follow through with whatever the Lord calls you to do.

DAY 2 One Chapter, Three Healings

And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over." Mark 5:34 NLT

Mark 5 demonstrates Jesus' power to heal. It records three of Jesus' healings. In Mark 5:1-20, Jesus heals a demon-possessed man. He cast the demons out of the man and sent them into a herd of pigs. The man was profoundly grateful for what Jesus did, and many were amazed by the man's testimony. Second, in Mark 5:21-34, Jesus healed a woman who suffered from a bleeding disorder for twelve years. With no money left to be treated by doctors and her condition worsening, she thought, *If I can just touch His robe, I will be healed.* When she touched the hem of His garment, power went through Jesus, and the woman was healed! Third, in Mark 5:35-43, Jesus restored a twelve-year-old girl to life. Upon entering her home, Jesus asked, "Why all this commotion and weeping? The child isn't dead; she's only asleep." Holding her little hand, Jesus said, "Talitha koum," which means, "Little girl, get up!" Immediately, she stood up and walked around! No matter what you or a loved one is facing, the Healer, who cured many people, continues to perform miracles of healing. There's no demon on earth that the name of Jesus can't cast out. There's no disorder or comatose state that faith in Christ can't reinstate. It starts with faith and transpires through Christ's healing powers.

PRAYER FOCUS

Ask God to increase your faith in believing that Jesus' healing touch and power still exist today. Pray that through the power of the Holy Spirit, God would use you as a vessel to bring healing into someone's life.

DAY 3 A Bitter Pill to Swallow

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:30-31 NIV

We can live with sadness, although it's painful, but we cannot live with bitterness. Bitterness poisons us and pushes away everyone around us. It often comes from events that happened to us that we didn't deserve. The people who were supposed to love and protect us didn't. It comes from careless remarks made in haste, anger, hurt, and revenge. We are urged in Ephesians to let go of bitterness by laying it aside and giving up our right to hurt those who've hurt us. Bitterness from a bad relationship with a parent can affect that child's relationship with his/her future spouse. The person subconsciously expects the spouse to fill the void the parent created, which can produce another failed relationship. Instead, let bitterness go! It wasn't right, fair, or deserved; but it happened. Don't let bitterness control every aspect of your life, or it will destroy your future relationships. Declare today your day of freedom, bless those who curse you, and pray for those who spitefully abused you. The Father will give you the strength to gain freedom from your past hurts.

PRAYER FOCUS

Do you see roots of bitterness in your family? Create a new DNA of forgiveness by asking the Holy Spirit to give you wisdom to do so. Ask the Father to reveal and uproot bitterness in your life

DAY 4 Grace and Healing

She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, If I can just touch his robe, I will be healed. Mark 5:27-28 NLT

In the Bible, there is a story of a woman who had a bleeding disorder for many years (see Mark 5:24-34). She'd been to many doctors, but none could heal her. Her condition grew worse, and she felt Jesus was her only hope. At that time, people who had a bleeding disorder were looked at as being unclean. They were set apart and were not supposed to be part of any crowd. However, this woman's faith made her bold, and as Jesus walked past her, "she thought, 'If I just touch his clothes, I will be healed'" (Mark 5:28 NIV). For Jesus, nothing is impossible. The woman's bleeding immediately stopped, and Jesus knew power had gone out from Him. He turned to look in the crowd and asked, "Who touched my clothes?" (Mark 5:30 NIV) The woman was fearful but came and fell at His feet. Jesus responded to her, saying, "Daughter, your faith has healed you. Go in peace and be freed from your suffering" (Mark 5:34 NIV). What a life-changing gift because of her faith. She is an example for us today. God knows our pain and fears. He cares, restores, heals, and redeems. He is able to do abundantly more than we can imagine.

PRAYER FOCUS

God, thank You that Your grace and mercy are new every morning. Lord, thank You that You see all my burdens and care about me.

DAY 5 You Are Powerful

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. Luke 10:19 NIV

Whether it happened in childhood, adolescence, or adulthood, adversity has touched all of us to some degree. Maybe for you it was abuse, abandonment, betrayal, or the death of someone significant. The good news is that, like life itself, adversity is temporary. The even better news? God can turn adversity into an asset and transform you into a Satan slayer in the process. Life is, by turns, breathtakingly beautiful and heartbreakingly painful. Chances are, you've already lived through trials, setbacks, and disasters you thought you'd never survive. You're far more powerful than Satan and all of his minions put together, but he's betting on the fact that either you don't know that or simply don't believe it. If you're planning to outrun all of the pain life will inevitably hurl at you, you'd better start training for a marathon. God allows you to experience the painful stuff to remind you that you're bullet-proof, you're fire-proof, and you're demon-proof. All the power you need is right there inside you, thanks to your heavenly Father.

PRAYER FOCUS

Lord, thank You for Your authority to overcome every snare and trick of the devil. When I'm at my most vulnerable, fill me to overflowing with Your power, strength, and courage.

DAY 6 Ask God First, Not Last

So David inquired of the Lord, saying, "Shall I go up against the Philistines? Will You deliver them into my hand?" And the Lord said to David, "Go up, for I will doubtless deliver the Philistines into your hand." 2 Samuel 5:19 NKJV

As a boy under the night skies and open fields, David protected his father's sheep. After defeating Goliath, David moved from the fields to the courts of Israel's king. Due to his victory over Goliath—a victory where many more qualified men stood on the sidelines watching—David was elevated to lead Israel's military campaigns. Second Samuel 5 tells of some of David's battles after he became king of Israel. King David's enemies were no longer bears, wolves, or a large giant; instead, he faced a ruthless Philistine army intent on taking back their territory. The Philistines tried to take David out multiple times. Yet, when faced with the Philistine army, the first thing David did was ask God for advice: "Shall I go up against the Philistines?" (2 Samuel 5:19 NKJV) Each time God honored his request and gave him new instructions for the battle, and the enemy was defeated. The devil is not dumb; he just finds new ways to deceive and destroy. When we are faced with the enemy's attacks, let us not rely on our own knowledge and strength. The one thing we can always do the same is to first ask God for wisdom!

PRAYER FOCUS

Holy Spirit, keep me ever watchful. Let me not become complacent in my relationship with You. Help me not depend on how I "always do things." Fill me with Your faith and help me to ask You how You would like me to solve each problem.

DAY 7 You Are What You Eat

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 NIV

How are you feeding your soul these days? Do you look to the media and its reporting of the fear of disease, politics, and current disasters in the world? It is important certainly to be informed, but then with confidence turn to God's Word, the ultimate source of knowledge. This is where you will be filled with peace and hope, not with fear and dread. Within Scripture is a place of rest and peace in the arms of your heavenly Father. Our Abba Father knows what is out there, and He knows how everything turns out. He has already made a way for you, and He can't wait to show you the wonderful things that are in store for you as His child. He is right beside you—turn and lean into His embrace. Come to God's table. Through His Word, you will be satisfied and no longer hunger or have need for the bad news of the day and the worry of tomorrow—rather hunger for His news of a bright and wonderful today and even better forever! His peace like a river will cover you with good news and hope!

PRAYER FOCUS

Father, let me look to You for my strength in these uncertain times, knowing that You are certain of my future and eternity. God, let me come to Your table to be filled with hope and peace.

DAY 8 Healthy Friendships Are Important

As iron sharpens iron, so a friend sharpens a friend. Proverbs 27:17 NLT

A church billboard once read, "Good friendships added to your life multiply joy, divide sorrow, and subtract loneliness." Loyal friends accept each other unconditionally: "A friend is always loyal, and a brother is born to help in time of need" (Proverbs 17:17 NLT). True friends have each other's back: "There are friends who destroy each other, but a real friend sticks closer than a brother" (Proverbs 18:24 NLT). Helpful friends offer sound counsel: "Ointment and perfume delight the heart, and the sweetness of a man's friend gives delight by hearty counsel" (Proverbs 27:9 NKJV). However, the wrong friendships can lead to feelings and actions that pull you away from God. Arguments put barricades between friends: "An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars" (Proverbs 18:19 NLT). Gossip divides friends: "A troublemaker plants seeds of strife; gossip separates the best of friends" (Proverbs 16:28 NLT). Unruly friends are negative influences: "Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul" (Proverbs 22:24-25 NKJV). God ordains families, but He allows you to select your friends. In healthy relationships, each person pours into the lives of others; the commitment is not one-sided. You can't control how others treat you, but you can control how you treat them. Remain loyal and nurturing and keep Jesus the focal point of all relationships.

PRAYER FOCUS

Pray for wisdom concerning the relationships in your life. Thank God for the relationship you are able to have with Him.

DAY 9 Believe Big for Yourself

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:7 NLT

Whatever you believe about yourself is the image you will portray to others. Some are better at hiding how they really feel, but God sees through the mask. He doesn't want you to be fake anymore. God wants you to believe bigger and decide that, in and through Him, you'll have more than ever before. Author Mark Batterson said, "God wants to take you places you've never been before. If you want God to do something new in your life, you can't do the same old thing. It will involve more sacrifice, but if you are willing to go there, you'll realize you didn't sacrifice anything at all. It will involve more risk, but if you are willing to go there, you'll realize that you didn't risk anything at all." What do you believe about yourself? Do you believe the best or the worst? Is there something more God wants for you? Spend some extra time with Him; ask Him what He wants for your life. Take hold of these things and believe them for yourself!

PRAYER FOCUS

Ask God to help you to be His hands and feet today. Pray that a seed would be planted in you to believe big.

DAY 10 The Power of Life and Death

The tongue has the power of life and death, and those who love it will eat its fruit. Proverbs 18:21 NIV

In Matthew 21:18-22, Jesus says to the fig tree, "May you never bear fruit again!" and it immediately withers. Did you know that you have the same power through your words? You were created in the image of God (Genesis 1:27). The universe and life as you know it were created with the words spoken by God, and since you were created in the image of God, your words have the same power as His. They can bring life or destruction to a situation. Have you ever experienced a time when you were trying to accomplish a goal and said, "I just can't do this"? After speaking those words, you most likely felt a sense of defeat; maybe you even gave up completely. When you believe you are incapable of doing something, you are speaking failure into existence. Whatever you speak over your life is what it will become because your words have the same power as God's. What areas of your life are you speaking destruction over? Put another way, imagine all you can achieve by speaking positive words. Begin telling yourself you are strong, confident, bold, and valued. As you begin to speak these new words, which are true according to Scripture, you will experience an unshakable confidence. You will begin to believe all the things God says about you as truth.

PRAYER FOCUS

Pray that Holy Spirit will convict you when you begin to speak negatively and ask Him to bring only good and pleasing words out of your mouth. Look for ways to be the positive voice in someone's life.

DAY 11 Develop a Thankful Heart

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. Luke 6:45 NIV

Joyce Meyers said, "Life is not your circumstances, the kind of house you live in, the kind of job you have or how much money you have. You can have the best of these things and still be miserable. On the other hand, it's amazing how happy and peaceful you can be in the middle of the lousiest circumstances, including the turmoil that's going on in the world today, if you keep your heart in the right condition." Make sure that your heart is in the right condition because it forms your thoughts and the attitudes that shape who you are. The heart is the center of your being as Proverbs 4:23 warns, "Above all else, guard your heart, for it is the wellspring of life." What is the condition of your heart? Is it happy and peaceful or is it miserable? Maybe the medicine you need is gratitude. Thank God for what you do have, whether it's your job, your friends, your family, or simply another day to see His beauty all around. Even if you don't feel thankful, begin thanking God for these things anyway. As you start developing this thankful heart, you are bringing healing into your life. You will begin to feel uplifted and encouraged. You will begin to live with joy.

PRAYER FOCUS

Pray that God will create a pure heart in you and renew His spirit in you (Psalm 51:10). Focus on the blessings God has given you.

DAY 12 Filled with Anger?

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. Ezekiel 36:26 NIV

You live in a fallen world that is full of pain and disappointment. Over time, this pain might cause your heart to harden. A hard heart has a difficult time accepting love from others because it doesn't believe it is worthy of love. This heart won't help others because if it is not receiving love, then it does not have love to give. It is full of anger, resentment, bitterness and a lack of forgiveness. Romans 12:2 NLT says, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Let God into your life and into your heart. Let God transform you and mold you into a new person. Allow Him access to your heart because he will give you a new heart, one that is warm and loving. All you have to do is ask and be a willing participant in receiving His love. Don't be discouraged if you are not seeing progress at first. God may need to guide you into this new life layer by layer. He will help you overcome obstacles and will bring people into your life to encourage you along the way.

PRAYER FOCUS

Pray the verse in Ezekiel over yourself and ask God to give you a heart of flesh. Take captive every thought (2 Corinthians 10:5) and allow the Holy Spirit to work in you.

DAY 13 *It's Okay to Be Okay Again!*

For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. Isaiah 43:19 NLT

Has something taken place in your life that has you depressed or discouraged? Have the blues been with you for so long you've forgotten what normal life looks or feels like? If so, realize your life doesn't have to remain that way any longer. It's okay for you to be okay again. God has a better life in the making and on the horizon for you. However, you have to decide whether or not you're going to embrace the better quality of life He offers or remain imprisoned in the same-old-same-old life with which you're familiar. The Bible says, "For everything there is a season, a time for every activity under heaven" (Ecclesiastes 3:1 NLT). It's your time to accept and embrace a new, normal life. Don't allow blunders, grief, or disappointments to keep you from God's best. Don't be afraid of change and moving onward to a brighter, and happier life. Make up in your mind and heart to rise up to the better life God has in the making for you! It's okay to dream again. It's okay to enjoy life again. It's okay to hope again, to believe again, to trust again. It's okay to love, laugh, and live again.

PRAYER FOCUS

Thank God for fresh beginnings and the hope of brighter days ahead as you turn toward and trust Him with your future. Ask the Holy Spirit to help you release whatever is pulling you down and fill you up with a new hope and joy for the future.

DAY 14 *Arise (Letter from God) Pt. 1*

Arise, shine, for your light has come, and the glory of the Lord rises upon you. Isaiah 60:1 NIV

My beloved child, it's time for you to arise and take your stance in My kingdom. I, your heavenly Father, am calling you out of darkness. Arise from your affliction, for My power within you is greater than your despondency. Healing, restoration, and freedom await, but you must have faith. I beckon you to arise to the new things I seek to do within, for, and through you. Clearly, you do not perceive that your prison sentence, inner turmoil, and suffering are over. I, the Lord, have removed the chains that bind you. Your shackles are loose, and your prison doors are open. Freedom and new life await, but you must choose to come out of captivity. My precious child, it is time for you to arise, step forward, and partake in the new things I set before you. Stop mulling over old wounds, hurts, and grudges. Abandon victimization, self-pity, and the lies of the enemy. He has stolen from you long enough. I want you to fight and recapture what the enemy has stolen. Reclaim your life, joy, peace, and your freedom to live for Me, the One who is bringing you out of darkness and into the light.

PRAYER FOCUS

Thank God for sending Jesus to rescue you from sin, death, and eternal separation from Him. Pray that the Holy Spirit would rise up in you and help you overcome the works of the enemy.

DAY 15 Arise (Letter from God) Pt. 2

Arise, shine, for your light has come, and the glory of the Lord rises upon you. Isaiah 60:1 NIV

Quiet yourself and listen as the Father continues to speak to you. It's time for you to acknowledge you are well and capable of moving on. With your head held high, step forward onto the higher ground I offer you. I have wonderful plans to use you in unimaginable ways, if you are willing to abandon your old lifestyle. I seek to robe you with a garment of honor and virtue as you discard your tattered sackcloth. As you arise from the ashes, I will bless you with joy. Awake! Your liberty bell is ringing. My light is shining upon you. My power is within you. My beloved Son, Jesus, paid a great price for your release. You are mine! Grab hold, claim, and embrace your new life and freedom in Christ. At times it may seem scary, but don't fear for I'm with you. At times, you may seek to retreat to your old familiar grounds, but this is unwise. At times, you will have questions and encounter doubt, but remember morning, noon, and night I'm with you. Talk to me as we breathe, live, and work together. Let us walk closely together in the new journey, plan, and future I have prepared for you. Love, Your Heavenly Father.

PRAYER FOCUS

Thank God for His wonderful plan, purpose, and future He has for you. Praise the LORD for His light that expels darkness. Ask the Holy Spirit to help you to let go and proceed onward in the new things God is doing within and then through you.

DAY 16 It's Your Thing

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Ephesians 2:10 NKJV

What is the thing you were created to do? Not that thing everyone else wants you to do, but what God wants you to do. God has given you gifts; He created you to bless Him and others through your gifts. As the Word tells you in 1 Peter 4:11 (NKJV), "... with the ability that God supplies, that in all things may God be glorified..." Psalm 37:4 (NKJV) tells you to "delight yourself also in the Lord, and He shall give you the desires of your heart." What captivates your heart? What's your passion? Writing, teaching, and encouraging are just a few gifts with which people are blessed. Pray and truly seek God for wisdom and direction to find the thing that you have inside you. God created you specifically to be you and not someone else. If you don't know what your gifts are, start serving others in various ways and see what energizes you and blesses others. There is satisfaction in this life, greater than anything the world has to offer, and it is discovering the thing God has planted in you-what God has called you to do. Expand your skills and knowledge and then use your "thing" to inspire and bless others.

PRAYER FOCUS

Thank God for designing you for a specific purpose, which will give you happiness, joy, and fulfillment. Ask Holy Spirit to help you minister to others in the gifts that God gave to you.

DAY 17 1044-Mile Journey to Find Freedom and Purpose

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun. 2 Corinthians 5:17 NLT

February 8, 2015: This was my baptism verse the Holy Spirit placed on my heart as His works continued to transform my mind, heart, and soul. It had been four years since my fall, and I remember saying to myself, that changing as a person is a whole lot of hard work, and I have finally made it to the finish line. However, I later learned that there were harder days ahead of me, which included moving from my home state and following God's open door to Florida for a new beginning and a chance to finish well.

Once my wife buttoned up her job and the sale of our Indiana home, she joined me in Florida in July 2019. We instantly committed to Bayside and hit the ground sprinting as God began placing our new family in front of us, all of whom had ties to Bayside. "We finished the Growth Track, and Freedom was in November 2019." Throughout that weekend, the Holy Spirit made it clear that it was time to confess the details of my fall. He began placing accountability partners in front of me to help navigate through the shame I had carried for over 20 years. A Sunday in May 2020 was the hardest day of my life. I committed to abiding by the Holy Spirit's prompting to confessing 100% of my fall. As God promised, He was there in the middle of the storm while giving me the tools of prayer, love, time, patience, and most importantly, forgiveness as the foundation of the healing process. I had the privilege of witnessing in the flesh the true meaning of the cross in receiving grace & mercy from Him and the person from whom I needed forgiveness.

It's been one year since I received the blessing of freedom. God has used me as His vessel to share the abundant wisdom given to me by the Holy Spirit and various mentors. I have found my purpose and passion, leading and coaching others with my new mind, heart, and soul, which are completely cleansed.

PRAYER FOCUS

Are there any parts of your old life you need to confess to a good brother or sister? Ask God to show you this week what it looks like to live in the new life that Jesus paid for on the cross.

DAY 18 God Sees Me

In a word, what I'm saying is, Grow up. You're kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you. Matthew 5:48 MSG

What will it take for me to grow up in Christ? Growth must be intentional; nobody improves by accident. We were all created for a specific purpose, and when we figure that out, we become the people God intended us to be. There was a time in my life when I struggled with my identity, and I allowed the world to create a false sense of reality for me. I got wrapped up in my accomplishments and needed to be liked and accepted by everyone. I finally realized that I had to grow up spiritually and become the person God created me to be (identity) and live in acceptance. This started my Freedom journey.

Once I understood how God sees me, who God says I am, and that I'm a child of God and loved, I was no longer held captive by the world's view of who I was supposed to be. As I grow in Christ, my life becomes more joyful. I live wisely and make fewer mistakes. I live according to God's way, not my way or the world's. I can now freely share the gifts and talents God has placed within me. When you grow up in Christ, you'll always remain his child.

PRAYER FOCUS

Ask Holy Spirit who He says you are. As you are praying, take some time and thank God that your identity comes from Him!

DAY 19 Say Amen!

For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God. 2 Corinthians 1:20 NIV

This verse in 2 Corinthians assures us that every promise God has made in His Word is for you. When you find a promise in the Bible, you never have to wonder if it applies to you. God is *not* sitting on His throne of grace saying, "Yes, this promise is yours; but, no, you're not good enough for that one." If you are "in Christ," it is through His finished work that every promise comes with a guaranteed *yes* to you by your heavenly Father. God gives us His promises and says, "Yes, they are yours." Now according to this verse, your responsibility is to say, "Amen!" Amen finds its definition in a Hebrew root word meaning "this is solidly, firmly, surely true, verified, and established." When you speak "Amen" at the end of a discourse or prayer, you are literally saying, "I agree, I believe, let it be so." God has promised you, "No weapon formed against you can prosper. No one can snatch you from My hand. Nothing can separate you from My love. I go before you and level mountains. I am with you wherever you go. I will not fail you."

PRAYER FOCUS

Ask the Lord to lead you in His Word to His promises for you and for others. Pray and declare those promises for yourself and others, remembering to end with "Amen!"

DAY 20 My Freedom Testimony

And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you.

John 14:16-17 NLT

There hasn't been a time in my life that I haven't been involved in a local church, but I'm no saint. My faith historically has been head knowledge and not rooted in my heart. I was judgmental and saw other people's sin as being worse than my own. I was a perfectionist and found it extremely difficult to rest and relax. Anger and stress were a stranglehold in my life. I've had the privilege of being involved with Freedom since it began, but it took me awhile to fully understand what a relationship with Holy Spirit meant. As I saw those around me experiencing freedom, I knew I wanted and needed that. I asked God to open my eyes, soften my heart, and fill me with Holy Spirit like never before. I approached a specific ministry night with expectancy, and Holy Spirit brought me to my knees. What started with literal weeping ended with a peace and joy like I've never felt before.

From that point, I began talking to Holy Spirit daily and could see Him working in the details of my life and in the lives of those around me. I can't say stress is completely gone, but it has drastically diminished. Holy Spirit is my comforter, my guide, and my friend. Jesus left us the gift of Holy Spirit. Release control and receive all that God desires for you.

PRAYER FOCUS

Take a few minutes and ask for a fresh filling of Holy Spirit. What areas of your life do you need to ask Him to show up in?

DAY 21 My Freedom Story

So if the Son sets you free, you are truly free. John 8:36

Growing up in a dysfunctional household, I learned fear at an early age. My mother loved to drink and loved attention. She taught me to be afraid of my dad to justify what she was doing. When their marriage fell apart, she left me with him: rejection. In comes my stepmother, an alcoholic. I went from the pan to the fire. Some neighborhood kids invited my brother and me to church shortly after mom left. It was just kids. No adults went with us. At the church, they talked about God being a father like my dad. I was afraid of my dad, so I transferred that fear to God. My dad couldn't protect me since he had to work so I believed God couldn't protect me either. (I accepted Jesus when I was 9, but I didn't understand what that truly meant). I had buck teeth so bad I couldn't close my mouth, so school wasn't a picnic either. By the time I graduated, I was damaged. I had no self-worth and couldn't look people in the eye. I knew they were going to make fun of me or hit me.

As I got older, I added bitterness and anger to my fear and rejection. I built walls up to "protect" myself. I carried all this baggage through two marriages and added shame to the list. In 2015, we moved to Florida. I left my family, friends, and church behind. Then, guilt joined in as well. My husband had researched churches first and felt we were called to Bayside. Our move to Florida and to Bayside was orchestrated by God's love for us through a series of God stories. He knew I wouldn't be able to heal in Kentucky. We had been involved in Bayside for more than two years when we were asked to join a beta group called Freedom. The name itself stirred something in me. I didn't know what it was about, but I knew I needed it! Through Freedom, I came to understand that God loves me! I came to understand that Jesus took all my ugly when He *died* for me! He *rescued* me from all the baggage I carried—fear, rejection, anger, bitterness, shame, and guilt—and gave me His freedom! I came to understand the voice in my head all these years, guiding me and protecting me, was Holy Spirit! My life was completely transformed when I learned the God of the universe wanted a *relationship* with me! I've been involved in Freedom from the beginning and still, Holy Spirit is revealing more and more as I continue this Freedom journey. And the good news is that He will do the same for you!

PRAYER FOCUS

Focus on how much God loves you and the lengths to which He has gone to reach you! Pray for someone you know who needs to understand the freedom that comes from knowing Jesus.

DAY 22 My Freedom Story

*On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within him."
John 37-38*

I remember when Freedom first started at Bayside, my husband and I were asked to be part of the beta group. I was like, wow, this is going to change many lives and set people free from so many things! I never thought of how much it would impact my life and our marriage. During worship at a during worship at Freedom, I felt God's love pour out upon me! I was melting in my chair. His presence was so overwhelming. The healing of my heart began right there! It was so powerful! I now know who I am in Christ! I am called to help set people free from the lies of the enemy that, for so long, held me captive. Fast forward: I was learning how to lean in more to truly hear the voice of Holy Spirit, how to surrender my will and be obedient to his voice, and how to honor the people he had placed in my path. It was then that my life started to change!

Things I began to notice that were different in my life:
I speak differently
I know who I am in Christ

Daily, I ask Him to check my heart to reveal anything that is not of Him. I have *full* confidence that He can do anything when you open up your whole self and give it to Him! I am a testimony of this.

Community is so important also; having people around you who will speak life into you, encourage and uplift you. Freedom is a daily journey, and the more you surrender to Him, the more *free* you will be! I am forever grateful. It's your turn to walk out your freedom and help others! Free people free people!

PRAYER FOCUS

Ask the Lord whom you can invite to My Freedom. Ask Holy Spirit if you need community or need to start serving somewhere!

DAY 23 My Freedom Experience

As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him." Psalm 18:30 NIV

I grew up in a Christian home and raised my children in church. After my divorce, I lived a lukewarm life. My children left home and had their own lives, and I just had this emptiness in my heart and didn't feel needed anymore. I tried various things to fill the emptiness and loneliness and nothing worked. I found myself in an unhealthy relationship, constantly giving and never feeling fulfilled. I was left depressed, anxious, and financially drained. I didn't have control of my life anymore.

I would feel God nudging me, telling me this was not the life He had intended for me, but I still didn't give up. It wasn't until I lost control of my truck and totaled it but walked away unharmed that I knew God was trying to get my attention.

I moved to Florida and got involved with the Freedom ministry, and it changed my life forever. The Holy Spirit touched me and healed me from abandonment, fear, and trauma from my childhood. I asked Holy Spirit what lie I had believed, and God revealed to me He never left me and has always been there by my side. I was praying and had a vision of Jesus with outstretched arms. I have never experienced freedom like this in the 47 years of my life.

I gave my whole life to God. He always provides and protects, and has restored my finances to more than enough. God is still showing me where my boundaries are. I have learned that when I am full of guilt, it is hard to go to God and ask for forgiveness. Life is an ongoing journey, and the Holy Spirit walks with me every day.

PRAYER FOCUS

How are you grateful today for what God has done in your life? Are there any areas for which you need to forgive yourself? Others? Remember that Jesus died so you did not have to pay for your sin or carry this burden anymore!

DAY 24 *Life Changes. God Never Does!*

He is the same yesterday, today, and forever! Hebrews 13:8

You've heard it said that the only constant in this world is change. Ironic, isn't it, that change is the thing we all seem to resist and fear the most?

It's tough enough when we are faced with a personal change in careers, the loss of a loved one, or the arrival of a new child. But what about when change is suddenly thrust on our entire society, when the normal patterns of everyday living are completely altered?

The disruptions to daily life we have all experienced are certainly unprecedented for most people alive today. But if we look at the broader span of history, God's people have persevered through many situations far more "disruptive" than this.

When Adam and Eve ate the fruit that God forbade them to eat, God lovingly led them out of the garden, but not without a restoration plan by the name of Jesus.

When the Israelites turned their backs on the very God who led them out of slavery in Egypt, He had a plan to bring them into the promised land despite their rebellion.

In more recent history, civil wars, genocide, and even world wars have annihilated nations in ways that make our current circumstances pale in comparison. Yet, through every trial and tribulation, God was there.

None of us know exactly what we'll be facing in the months and years to come, but God does. His promise still stands: He will be with us every step of the way. He'll be guiding us through every valley on our way to the next mountaintop.

Here's why:

God is good.
God is just.
God loves His sons and daughters.

He will never leave us and He will never forsake us. (Deuteronomy 31:6)

God has a plan!

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."
Jeremiah 29:11 NLT

PRAYER FOCUS

Ask Holy Spirit what plans He wants to talk to you about. Thank Him in advance for how He will work things out for His plan and purposes to prevail in your life.

DAY 25 Freedom Testimony

*When the Spirit of truth comes, he will guide you into all truth.
John 16:13 NLT*

When our family moved to Florida in 2016, we quickly stumbled onto Bayside Community Church, the best accidental discovery of my life!

Almost immediately, we decided we wanted to get involved and start serving in the church in any way we could. We eventually heard that in order to serve, we needed to complete this thing called the Growth Track and go through a class called My Freedom. But, honestly, I couldn't imagine there was anything I needed to be "free" from.

I had a successful business, a beautiful family, and, at age 51, I was in the best physical shape of my life. What nobody knew was that I was also severely depressed, often had suicidal thoughts, and had no one I could call a real friend. I had kind of resigned myself to believe that was just how life was for me. I didn't know that "freedom isn't the absence of something, but the presence of Someone."

When I was introduced to the Holy Spirit, I found the true friend I'd always longed for.

And you will know the truth, and the truth will set you free.
John 8:32 NLT

He revealed who Jesus had always wanted to be in my life, and I finally discovered my reason for living. Through this experience, I'm learning to guard my heart and reject the lies the enemy is constantly throwing at me.

God's truth about who He is and who I am in Him permeates my soul.

We call it My Freedom, but for me, this experience truly saved my life!

Thank you, Jesus!

I'll be forever grateful!

PRAYER FOCUS

God goes to great lengths to reach us. Pray for someone you know who may be running from God. Just reflect on the many ways that God has been pursuing a relationship with you!

DAY 26 Jesus Loves Me

For God so loved the world that he gave His one and only son, that whosoever believes in Him will have eternal life. John 3:16.

I am so glad I took My Freedom. I have gone to church since I was a little girl, but never heard the message of how much Jesus loved me. When I was 50 years old, my daughter helped me understand Jesus' love for me. We changed to a Bible-based church. I was water baptized and began to grow. I did not understand what the Gospels were. Freedom has helped me more than anything to understand the Holy Spirit. I am a child of God. I talk to God every day and He talks to me if I am willing to take time and listen. I am less dependent on what others think and things of the world. I understand love and joy. I had a fear of control by others (my father, ex-husband, and husband), but have learned I can speak up and do not have to hide. I am loved, I am not weak, I am strong. I feel free and can express myself. The verses that have helped me on my freedom journey are these: The joy of the Lord is your strength. (Nehemiah 8:10) The Lord gives strength to his people; the Lord blesses his people with peace. (Psalm 29:11) For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Timothy 1:7) I want to continue to grow in God's love for me every day!

PRAYER FOCUS

Jesus, you say you love me. Help me in my unbelief. Please show me how to accept your love!

DAY 27 The Narrow Door

Someone asked him, "Lord, will only a few be saved?" He replied, "Work hard to enter the narrow door to God's Kingdom, for many will try to enter but will fail." Luke 13:23-24 NLT

The decisions you make today will affect your future. If you're on a diet, you know that losing weight isn't about one big decision; it's about making the right choices in the small decisions over and over. Same with saving money. You build wealth by saving a little each day, not by saving a lot all at once. Are you striving to diligently know Jesus, or are you going with popular consensus? Are you building a relationship with Him a little each day? Do you stand out in a crowd by doing what is right, or do you go along with others to fit in? Allow the Holy Spirit to walk alongside you, guiding each decision you make throughout your day, and in due time you will reap a harvest (Galatians 6:9). The road may not be straight up. There will be challenges along the way, but once you get in the habit of making the right decisions each day, you'll find victory.

PRAYER FOCUS

Thank God for sending His Holy Spirit to guide you. Ask God to reveal areas in your life that need change.

DAY 28 Hold On

*When I called, you answered me; you greatly emboldened me.
Psalm 138:3 NIV*

Quit giving up on yourself before you get started. You are already victorious! Quit counting yourself out. You are stronger than you think! Quit selling yourself short. You are more than a conqueror! Quit trying to take shortcuts. You are so worth the effort! Quit feeling sorry for yourself. You have what it takes! It takes your believing in yourself. At any time now, you can throw in the towel. However, my encouragement to you today is this: Give yourself a chance to get it right. Lord, today I recognize my own ability to sabotage the work that You have begun in me. Grant me the grace to continue holding on, even when times get tough. Grant me the wisdom to know what to do at those very moments of insecurity. Grant me the focus I need to help me stay on task. Most of all, grant me the love and the support I need to stay encouraged along the way. In Jesus' name, amen.

PRAYER FOCUS

Thank God that He never gives up on you and that He has good plans for your life. Ask the Holy Spirit to help you press onward to all that God would have you achieve.

DAY 29 Restoration Is on the Way

The Lord says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you." Joel 2:25 NLT

The Lord is in the process of building you right now. Although it seems as if you have been stripped on every side, lift up your head. Restoration is on the way. God is positioning you for what He has prepared for you. Even as Joseph had to be positioned in the land of Egypt through a series of hardships, He is placing you in the place of your birthing. What He has placed inside you will live and not die. God will complete what He has promised. His plans for you cannot be frustrated by human hands. People can only help facilitate God's plan for you. Do not be afraid. The vision will speak soon. Be of good courage; restoration belongs to you.

PRAYER FOCUS

Thank God for the great things He has already done. Ask God to give you a glimpse of the hope He is eager to show you!

DAY 30 Fruit of the Spirit

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23

Recently, we were traveling through the Fresno Valley in California, which grows more than 400 different types of crops, which is two-thirds of the fruits and nuts that you purchase at the grocery store. It was miles and miles and millions of acres of land that had so many trees and plants all living in the best possible conditions. The amount of sunlight, the type of soil, and the proper amount of water help these crops start as seeds and end up bearing fruit.

In addition to the basic components, let's also consider other parts of the process: protecting crops from disease, fertilizing, pruning the trees and vines, hiring workers, picking the fruit, packaging the produce, transporting from field to packing facility, marketing to stores, and transporting to stores, and finally in the store for us to purchase then consume. In our spiritual lives, God is the farmer who has a vision for each of us to bear fruit, and Holy Spirit is our source to give us the nourishment to help us grow. The verses say if we yield and let the Holy Spirit operate in our lives, we will have evidence of these things: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The great news is that we do not have to do this in our own strength.

What part of the process do you need to embrace in order to enjoy these things you have already been given? God enables us to produce from the moment we choose Jesus to be the Lord of our lives, and we receive deposit of the Holy Spirit in our lives to bring His Kingdom to earth as it is in Heaven while we are still living here!

PRAYER FOCUS

Ask God to show you new ways you can connect to your source to have evidence of the fruit of the Spirit in your life. Who in your life could use some love or kindness today? Pray and ask how you can bless and encourage someone today!

For the past 30 days, you have been on your Freedom journey.

**How are you different today than on day 1?
How has the Spirit spoken to you?
Now what?**

- Share your journey and stories of transformation with one another. Let your testimonies encourage one another!
- Make a plan that will help you follow through on what the Lord has taught you.
- Continue to pursue Him with your whole heart. Align your calendar to reflect His having first place in your life.
- Pray. Stay in close communication with the Father. Share what's on your heart and be a good listener!
- Stay connected. "I rejoiced with those who said to me, 'Let us go to the house of the Lord.'" (Psalm 122:1). Get in a group. Life change happens in the context of relationships.
- Be expectant. There is more to come! Be "confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6) NIV

Remember that as Freedom Alumni, you are allowed to come back and attend Freedom any time as a refresher. Please email the Freedom Director for the appropriate link to sign up!

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Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:20-21

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**JESUS
CHANGED
MY LIFE**

*Where the spirit of the Lord is,
there is freedom.*

2 Corinthians 3:17

