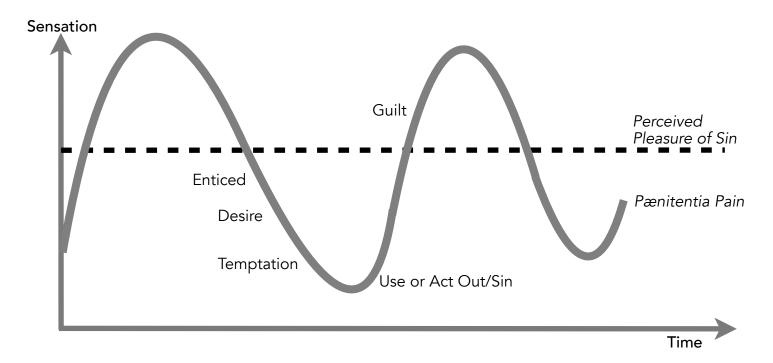


FREEDOM FROM SLAVERY TO SIN

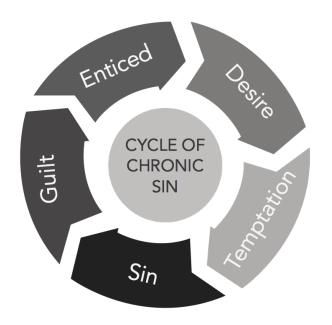


eMANcipators



"To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will **set you free**." They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be **free indeed**." (John 8:31–36, NIV)

- Paenitentia can only offer a temporary abatement of sin by attaching pain to a behavior you hope to extinguish. This associative conditioning fails as soon as the pain inevitably fades. (Colossians 2:20-3:10). Paenitentia only reinforces the Cycle of Addiction as described in James 1:14-15.
- It's time to break the enslaving cycle of sin and celebrate real freedom!



- **Enticed**: These can be situations, emotions, thoughts, seeing a particular person, place, or image.
- **Desire**: The enticing situation sets off a desire for using the drug or sin of choice. The craving will dominate the thought process until it is satisfied.
- **Temptation**: The craving is typically surrounded by 'rituals' that may involve trying to manage the situation or obtain the drug. They are the routines that get established around the 'using' behaviors and add to the obsessive thinking.
- **Sin**: Ultimately the addict will use or sin again.
- Guilt: Emotions like guilt and shame set in after using or sinning. This sense of failure often becomes the next triggering or enticing event.



1 DISCERN DESIRES

Make Three Lists

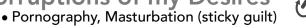
- Make a List of the Benefits of my Purity
- Make a List of the Painful Consequences if I remain Impure
- Make a List of the Painful Consequences if I end this Impurity

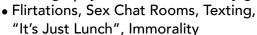
Long Term Fulfillment of our Desires



- Marriage, Children, Family, Legacy
- Love, Respect, Intimacy, Integrity, Honor, Joy

Short Term Fulfillment/ Corruptions of my Desires







Short Term Solutions for Long Term Fulfillment

- Singles:
 - Responsibility, Spirituality, Initiative, Sensitivity, Fitness, Career
 - For example: get a job, get a job, finish my degree, go on a prayer walk, serve someone, workout, ask advice, get a job
- Marrieds:
 - Sensitivity/Compassion, Selfless Service, Protective Love, Wash with Word, Emotional Intimacy, Empathy
 - For example: brew tea, bring her lunch, guard her sleep, share my quiet time, discuss my fears and dreams, ask "how are you?"

Memorize Three to Five Short Term Solutions

- 1.
- 2.
- 3.
- 4.
- 5.

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Notes from Lecture



2 RECALIBRATE RIGHTEOUSNESS

Before Picture (overestimated)

Ephesians
2:1-3;
Ephesians
4:17-19;
2Corinthians
4:3-4, Romans
1:18-32;
1Corinthians
6:9-10

After Picture (underestimated)

- Ephesians 2:4-11;
 Ephesians 4:22-24;
 2Cor 4:5-6; Romans
 6:1-14; 1Cor 6:11
- THIS IS WHO WE ARE!!! Supernaturally transformed by the very power of God; through the Holy Spirit; in the name of Jesus Christ!!!

Notes from Lecture



Strive for Righteousness (and nothing less)

1Peter 1:13-18, Matthew 5:48, Psalm 119:9,
2Corinthians 7:1, 1John 3:4-9, Philippians 3:12-14 (still not perfect), Matthew 6:33

"Our" Righteousness

- Romans 4:22-25
- 2Corinthians 5:21
- Philippians 3:8-9

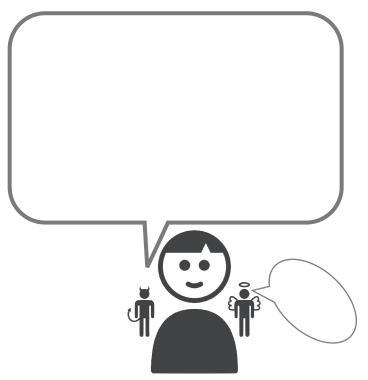
"Get Grace"

- Not just an emptying of sin (leaving us waiting to fill the vacuum with new sin and new guilt), but a filling of righteousness and the indwelling of the Holy Spirit
- Romans 4:25
- Cherish, Value, Honor, And Choose this gift of Righteousness



3 EXPOSE EXCUSES

- Take a serious inventory (two lists on paper) of **every shameful secret** that needs to be exposed to the cleansing light, and **every excuse**/rationalization/justification/blame shift (and the specific people I blame). Be thorough!
- Chronic sin requires BOTH an appealing stimulus (tempting fruit) and a *loophole* to disobey our covenant with Jesus (see Gen 3 vs. Matt 4)
- **IMPORTANT**: Now capture the two sides of the internal argument I have prior to choosing sin. What's the deceitful argument that "wins" by offering me a loophole that directs my choice toward sin (see Genesis 3)?



- How does this excuse create a loophole in my covenant with God?
- Memory Scriptures to refute this excuse and close the loophole:

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Notes from Lecture



4 TERMINATE TEMPTATIONS

 Proverbs 5-7 (Avoid, Flee, Remove) Can a man scoop fire into his lap without his clothes being burned? 6:27 1Corinthians 10:6-13 Genesis 39:6-12 1Corinthians 6:18 (watch out for "entitlements") Matthew 5:28-30 	Notes from Lecture
Luke 4:13	
 Satan looks for an 'opportune time' (kairos moment). These Bursts of Temptation come as both: "Rituals" (e.g. every morning in the shower) - very predictable patterns "Triggers" (e.g. after becoming frustrated, after seeing an attractive woman) - usually predictable after emotional experiences Identify all my Triggers and Rituals, share them with faithful friends who can help me avoid them Plus identify areas in which I feel a sense of entitlement (1Cor 6:18) that will undermine my efforts to avoid, flee, and remove temptations (e.g. Internet, gym workouts, cable tv, sunbathing). This is a real test of whether I truly desire to be set free rather than hold to stumbling blocks which need to be gouged out and cut off. 	
Triggers:	
Rituals:	
Entitlements:	



5 PROACTIVE PRAYER

Matthew 6:13

 Lead US not into temptation. Think through today's temptations and pray about them for you and y'all.

Matthew 26:36-46

- The Spirit is willing but the Flesh weak; therefore, WATCH and PRAY so I will not fall into temptation!
- Watch = "gregory" = anticipate temptations and contemplate how to avoid, flee from, or remove them



Col 4:2-5.

- Watch and Pray. Be watchful; think through all temptations and pray through all temptations.
- Give thanks for God's providence and my deliverance

Don't leave my knees until I am:

- √ Ready to respond to every desire with helpful short term solutions for long term objectives
- √ Recalibrate to appreciate/value God's Righteousness
- √ Clear about the deceit of every potential Excuse and Memory Scripture to expose its lie
- √ Armed by God for each Trigger, Ritual, Entitlement
- ✓ Celebrate and Give Thanks for the Son Setting Me Free Indeed!

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Notes from Lecture



KEY CONTACTS (2nd Timothy 2:22)

Name	Phone	eMail

Helpful Resources:

- eMANcipators via Commonwealth Academy at commonwealthacademy.ca/emanicipators-videos/
- Breaking Free by Russell Willingham
- When Good Men are Tempted by Bill Perkins
- Sex Isn't the Problem, Lust Is by Joshua Harris
- Pure in Heart by David Weidner audio lessons via IPIbooks.com
- PurityRestored.com
- Repentance by Edward Anton

