



Fresh Start to Freedom

Getting Your Whole Heart Back

Session 1 Free From The Message Of The Arrows

Session 2 Free From The Arrow Of Pride

Session 3 Free From The Arrow Of Shame

Session 4 Free From The Arrow Of Fear

Session 5 Free From The Arrow Of Rejection

Session 6 Free From The Arrow Of Anger

Session 7 Free From The Arrow Of Depression



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FREE FROM THE MESSAGE OF THE ARROWS

“You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day,”

Psalm 91:5 (AMP)

I. FREE FROM THE MESSAGE OF THE ARROWS

A. THE ARROW OF PRIDE – *AN ISSUE OF SIGNIFICANCE*

1. What is your opinion of yourself?
2. What do you believe others think of you?
3. Do you ever think that you have to prove yourself?
 - a. Romans 12:3
 - b. Philippians 2:3-11
 - c. James 4:10

GOD’S ANTIDOTE: HUMILITY – AGREE WITH GOD ABOUT YOURSELF!

B. THE ARROW OF SHAME – *AN ISSUE OF IDENTITY*

1. Is there anything in your life that you are hiding or covering up?
2. Is there anything in your life, past or present, that you would be afraid of certain people finding out?
3. Do you feel a greater sense of shame over your own sins and shortcomings, or for those acts of omission committed against you?
4. Do you struggle with feelings of unworthiness of God’s love and favor?
 - a. Proverbs 18:3b
 - b. Luke 15:18-31
 - c. Galatians 4:4-7
 - d. Zephaniah 3:17

GOD’S ANTIDOTE: “SONSHIP” – YOU ARE A FAVORED SON/DAUGHTER!

C. THE ARROW OF FEAR – *AN ISSUE OF SECURITY*

1. What is your greatest fear?
2. Are you afraid to be known by others?
3. How real to you is God's love for you?
4. Do you really believe that God wants to take care of you?
 - a. I John 4:18
 - b. I Peter 5:7

GOD'S ANTIDOTE: RECEIVE GOD'S PERFECT LOVE!

D. THE ARROW OF REJECTION – *AN ISSUE OF ACCEPTANCE*

Has your life's experience predominantly been one of feeling accepted and valued by "significant others"?

1. Do you ever feel accused or condemned?
2. Who in your life has rejected or hurt you the most?
3. How has the rejection of others affected your opinion of yourself?
4. Today, if someone would say to you, "You're wonderful!", what feelings or thoughts would this bring to the surface?
 - a. I Peter 2:21-23
 - b. Romans 8:31-39
 - c. Colossians 1:19-22
 - d. Ephesians 1:6 (KJV)

GOD'S ANTIDOTE: BELIEVE YOU ARE ACCEPTED IN JESUS!

E. THE ARROW OF ANGER – *AN ISSUE OF SUBMISSION*

1. Presently, what angers you the most in your life?
2. Is there anything bothering you, even in the least?
3. Are there any circumstances that you are fighting?
4. How important are these things or issues to you?

5. How does the importance of these things or issues compare to the importance you place on your relationship with Jesus Christ?
 - a. Ephesians 4:26-27
 - b. Romans 8:28-29
 - c. Philippians 3:7-11
 - d. James 4:1-7

GOD'S ANTIDOTE: SUBMIT TO THE SOVEREIGN WILL OF GOD!

F. THE ARROW OF DEPRESSION – *AN ISSUE OF HOPE*

1. Do you feel down or discouraged?
2. Are you experiencing a sense of dread in your life?
3. Is your heart despairing?
4. Are you feeling a sense of hopelessness?
5. Psalm 42:5

GOD'S ANTIDOTE: PUT YOUR HOPE IN GOD!

II. APPLICATION

A. Which of the following **ARROWS** can you identify with? (Please circle)

1. Pride

2. Shame

3. Fear

4. Rejection

5. Anger

6. Depression

Under the **ARROW(S)** you have circled, please describe briefly how you have been hindered and/or affected.