



Fresh Start to Freedom

Winning The War For Your Heart

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| Session 1 | Tearing Down Spiritual Strongholds |
| Session 2 | Putting On The Armor Of God |
| Session 3 | Taking Every Thought Captive |
| Session 4 | Escaping Temptation |
| Session 5 | Exercising Your Spiritual Authority |
| Session 6 | Wielding The Weapons Of Our Warfare |
| <i>Session 7</i> | <i>Becoming Fully Alive</i> |



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BECOMING FULLY ALIVE

I will say to the prisoners, 'Come out in freedom,' and to those in darkness, 'Come into the light.' They will be my sheep, grazing in green pastures and on hills that were previously bare."

- Isaiah 49:9 (NLT)

I. BECOMING FULLY ALIVE

A. IMPLIES A PROCESS

1. When Does It End?
2. What Does It Take?
3. You Can Be Free
4. It May Be Painful
5. Don't Settle For "Less-Than"

B. FREEDOM IN RELATIONSHIPS

1. Know Who You Are
II Corinthians 3:16-18
2. Live Forgiveness
Ephesians 4:32
3. Love Others (And Let Them Love You!)

C. GUARD YOUR HEART

Proverbs 4:23

1. Don't Buy A Lie
2. Let Jesus Remove The Arrows

D. "FREEDOM ISN'T FREE"

1. What Are You Fighting For?
Proverbs 4:23 – Your Life Starts With Your Heart!

2. What Is True?

John 8:32

3. Agreeing With God

E. EMBRACE THE PROCESS

1. Don't Be A Roller-Coaster

2. Participate

3. Positives And Negatives

II. APPLICATION

A. Looking at Parts A (“Implies A Process”) and E (“Embrace The Process”), where are you?

How are you doing in this?

B. Referring Part B: Freedom In Relationships, how are you doing in living out these 3 areas:

Knowing Who You Are?

Living A Lifestyle Of Forgiveness?

Freely Loving Others (without needing anything in return & for no reason other than doing it for Jesus) and letting other freely love you?

C. Explain how you are doing in truly guarding your heart (ABOVE ALL ELSE).

If it's a struggle, why is that and what should you be doing differently?

D. Referring to Part D: "Freedom Isn't Free", how are you doing in living in the truth of who you are (mainly, "agreeing with God")?

If you are struggling, where is the major battle (your mind, living out of unresolved wounds, unbelief, holding onto Unforgiveness / bitterness, etc.)?

E. Thinking about your life and knowing that (even if you don't believe it yet or fully) God wants you absolutely free (His definition), would you be willing to pray the following, trusting the Father's good, gracious, compassionate, and loving heart for you:

"Lord, whatever it takes to break me & bring me to freedom, bring it into my life. If it is a 'negative' to me or if it is a 'positive', please bring it into my life. I know You will always give me the grace to walk through it & I know You will always bring good out of it, as I participate with You"

If you struggle praying this, please share this challenge with a trusted person in your life so that he/she can pray for and with you so that you can come to a place of praying this and trusting God to bring you to a place of Becoming Fully Alive in Him.