



If God wants me to be free,
then what went wrong, and how can I break free?

I. What Went Wrong?

The LORD said, "These people now know the difference between right and wrong, just as we do. But they must not be allowed to eat fruit from the tree that lets them live forever." Genesis 3:22 (CEV)

Love the Lord your God with all your heart and with all your soul and with all your strength.
Deuteronomy 6:5 (NIV)

Love your neighbor as yourself. Matthew 22:39 (NIV)

To choose life is to love the LORD your God, obey him, and stay close to him. He is your life, and he will let you live many years in the land, the land he promised to give your ancestors Abraham, Isaac, and Jacob.
Deuteronomy 30:20 (NCV)

Although you live in the land of the free, in your heart, and in your head, you can often find that you are living as a slave to fear, sin, bad decisions, anger, resentment, greed, jealousy, or habits that destroy you on the inside.

II. How do I break free from persistent temptations?

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.
Romans 7:15 (NLT)

I. **Know exactly what it is that _____ you.**

[The immoral person] cares nothing about the path of life. She staggers down a crooked trail and doesn't even realize where it leads.
Proverbs 5:6 (NLT)

Ask yourself these questions:

- When am I most tempted?
- Where am I most tempted?
- Who am I with when I'm most tempted?
- What temporary benefit do I get when I give in?
- How do I feel right before I'm tempted?

2. Make a plan to _____ it.

Plan carefully what you do...²⁷ Avoid evil and walk straight ahead. Don't go one step off the right way. Proverbs 4:26-27 (TEV)

3. _____ for God's help.

Keep alert and pray. Otherwise temptation will overpower you. Matthew 26:41 (LB)

Call on me when you are in trouble, and I will rescue you. Psalm 50:15 (NLT)

Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin!¹⁶ So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help. Hebrews 4:15-16 (TEV)

4. I must believe I can _____.

No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it. 1 Corinthians 10:13 (Msg)

The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? Jeremiah 17:9 (NLT)