

SET FREE FROM ME

ROMANS 8

**YOU HAVE HEARD OF THE
WEAPONS OF MASS DESTRUCTION
BUT I WANT TO TALK TO YOU ABOUT
THE WEAPONS OF SELF DESTRUCTION**

**WE ARE GOING TO LOOK AT
HOW TO OVERCOME THE
SEVEN WEAPONS OF SELF-DESTRUCTION**

1. SHAME
2. UNCONTROLLED THOUGHTS
3. COMPULSIONS
4. FEAR
5. HOPELESSNESS
6. BITTERNESS
7. INSECURITY

1. REMIND YOURSELF DAILY

WHAT JESUS DID FOR YOU

Romans 8:1-4 (NLT)

“So now there is **NO CONDEMNATION** for those who belong to Christ Jesus. For the **POWER OF THE LIFE-GIVING SPIRIT** has freed you through **Christ Jesus FROM THE POWER OF SIN** that leads to death. The law of Moses could not save us, because of our sinful nature. But God put into effect **A DIFFERENT PLAN TO SAVE US**. He sent his own Son in a human body like ours, except that ours are sinful. **GOD DESTROYED SIN'S CONTROL-OVER US** by giving his Son as a sacrifice for our sins. He did this so the **REQUIREMENT OF THE LAW WOULD BE FULLY ACCOMPLISHED FOR US**, who no longer follow our sinful nature but instead **FOLLOW THE SPIRIT.**”

2. ASK THE HOLY SPIRIT

TO GIVE YOU BETTER THOUGHTS

Romans 8:5-6 (NIV)

“Those who live according to the sinful nature have **THEIR MINDS SET** on what that nature desires; but those who live in accordance with the SPIRIT have **THEIR MINDS SET** on what the **SPIRIT DESIRES**. The mind of sinful man is death, but the **MIND CONTROLLED BY THE SPIRIT IS LIFE AND PEACE.**”

Romans 8:7-8 (NIV)

“The sinful mind is hostile to God. It does not submit to God's law, **NOR CAN IT DO SO**. Those controlled by the sinful nature **CANNOT PLEASE GOD.**”

3. REALIZE THAT YOU HAVE A NEW ABILITY TO SAY NO

Romans 8:9 (NLT)

“But you are **NOT CONTROLLED** by your **SINFUL NATURE**. You are now **CONTROLLED BY THE SPIRIT** if you have the **SPIRIT OF GOD LIVING IN YOU**. Anyone who **does not** have the **SPIRIT OF CHRIST** living in them **DOES NOT BELONG TO CHRIST**.”

Romans 8:12 (LB)

“So, dear brothers, you have **NO OBLIGATIONS ANYMORE** to your old sinful nature to do what it begs you to do.”

4. TURN YOUR THOUGHTS TO GOD WHENEVER YOU'RE AFRAID

Romans 8:14-16 (TEV)

“Those who are **LED BY GOD'S SPIRIT ARE GOD'S CHILDREN**. For **THE SPIRIT** that God has given you **DOES NOT MAKE YOU SLAVES** and cause you to be afraid; instead, **THE SPIRIT MAKES YOU GOD'S CHILDREN**, and by the **SPIRIT'S POWER** we cry out to God, ‘**FATHER! MY FATHER!**’ **GOD'S SPIRIT JOINS HIMSELF TO OUR SPIRITS** to declare that **WE ARE GOD'S CHILDREN!**”

5. FOCUS ON THE LONG TERM NOT THE SHORT TERM

Romans 8:17-18 (TEV)

“Since we are his children, **WE WILL POSSESS THE BLESSINGS** he keeps for his people, and also **WE WILL POSSESS WITH CHRIST** what God has kept for him! For if we share Christ's suffering, we will also share his glory! I consider that **WHAT WE SUFFER AT THIS PRESENT TIME** cannot be compared at all with the **GLORY THAT IS GOING TO BE REVEALED TO US**.”

6. REMIND YOURSELF THAT GOD IS GOOD **AND IN CONTROL**

Romans 8:26-27 (NCV)

“Also, **THE SPIRIT HELPS US WITH OUR WEAKNESS**. We do not know how to pray as we should. But **THE SPIRIT** himself speaks to God **FOR US**, and **EVEN BEGS GOD FOR US** with deep feelings that words cannot explain. God can see what is in our hearts... and the Spirit speaks to God for his people in the way God wants.”

Romans 8:28 (NIV)

“AND we know that in ALL things God works for the **GOOD** of those who love Him, who’ve been **CALLED** according to **HIS PURPOSE**.”

Romans 8:31-32 (NLT)

“So what can we say about such wonderful things as these? **IF GOD IS FOR US**, who can ever be against us? And since God did not spare even his own Son but gave him up for **US ALL**, won't God, who gave us Christ, **ALSO GIVE US EVERYTHING ELSE?**”

7. TRUST THAT GOD WILL NEVER **STOP LOVING YOU**

Romans 8:38-39 (NLT)

“I am convinced that **NOTHING CAN EVER SEPARATE US FROM HIS LOVE**. **DEATH CAN'T**, and **LIFE CAN'T**. The **ANGELS CAN'T**, and the **DEMONS CAN'T**. Our **FEARS FOR TODAY**, our **WORRIES ABOUT TOMORROW**, and even the **POWERS OF HELL CAN'T** keep God's love away. Whether we are high above the sky or in the deepest ocean, **NOTHING IN ALL CREATION** will ever be able to **SEPARATE US FROM THE LOVE OF GOD** that is revealed **IN CHRIST JESUS** our Lord.”