

8 Steps to Freedom

How to Keep a Healed and Cleansed Heart and the Enemy Out and Walking in Health - the 8 Steps to Freedom to stay restored!

1. Recognize - you must recognize the problem and the enemy.
 2. Responsibility- You must take responsibility for what you recognize.
 3. Repent- You must repent to God for participating with what you recognize.
 4. Renounce - You must make what you recognize, your enemy and renounce it.
 5. Remove - Get rid of it once and for all.
 6. Reframe – Replacing with God’s Word
 7. Resist – Resist the sin
 8. Renew – Renewing the mind with the Word of God
1. **RECOGNIZE** - every thought that comes to you comes from some kingdom. Is it accusation, guilt, shame, rejection, etc. or is it love.
 - We don't have to remember each and every sin and we don't have to get back in time to relive each moment to be healed. As the Lord peels our "onions", we can recognize them as they come to mind. We just have to recognize the SIN in our lives - envy, jealousy, etc. When the Lord reminds us of more of these sins, and then simply repeats the process of the 8 Steps to Freedom.
 - You must have discernment - distinguishing good and evil.
 - You must not be afraid of evil. Evil is not more powerful than God!
 - We must have knowledge and wisdom. Knowledge ties the past to the present but Wisdom take the present and move it into the future.

2 Corinthians 10:4-6 *"⁴For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶and being ready to punish all disobedience when your obedience is fulfilled."*

We react to every thought that comes into our minds. It changes the chemicals in our mind. We need to learn renewed in my minds and freed from strongholds.

2. **RESPONSIBILITY** - regardless how much abuse you have had you are still responsible for your sin. If someone hurts you, it is your responsibility to forgive him or her.

- We can change -from glory to glory
- No excuse, no denials
- The buck stops here
- There is no way out

Psalms 51:2-4 *"²Wash me thoroughly from my iniquity And cleanse me from my sin. ³For I acknowledge my transgressions, And my sin is always before me. ⁴Against You, You only, have I sinned, And done this evil in Your sight-That You may be found just when You speak, And blameless when You judge."*

Corinthians 3:18 *"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."*

3. **REPENT** - I recognize sin and have taken responsibility for it and I'm choosing to turn from it. I let it go.

- We have to be the one who repents {change of heart} for the sin.

. **1 John 1:9** *"If we confess our sins, He Is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

Exekiel 18:30 *"Therefore I will judge you, O house of Israel, everyone according to his ways, saith the Lord God."*

. **Nehemiah 9:2** *"And the seed of Israel separated themselves from all strangers, and stood and confessed their sins,*

4. **RENOUNCE** - (he was renouncing it very clearly) - Paul did not want to sin.

- Fall Out of agreement - Hate the sin, but love the sinner! Even if it is just a mustard seed of love!
- There are only 2 worlds - Good and Evil - God will not share us with evil!

- We have to take on the mind of Christ and see ourselves as God see us. We need to have appointed of reference-We must know the love of God for us. If we don't know, we will self-destruct.
- Take the log out of our own eye before we ever attempt to take the stick out of another's eye.
- We must develop a perfect hatred for the evil on our lives.
- Love ourselves, but hate the evil.
- Love our neighbor, but hate the evil.
- Separate others and ourselves from sin!

Romans 7:14-25 *"¹⁵For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. ¹⁶If, then, I do"*

what I will not to do, I agree with the law that it is good. ¹⁷But now, it is no longer I who do it, but sin that dwells in me. ¹⁸For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. ¹⁹For the good that I will to do, I do not do; but the evil I will not to do, that I practice. ²⁰Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me. ²¹I find then a law, that evil is present with me, the one who wills to do good. ²²For I delight In the law of God according to the inward man. ²³But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. ²⁴O wretched man that I am! Who will deliver me from this body of death? ²⁵I thank God-through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

I Corinthians 10:20-22 *"But I say, that the things which the Gentiles sacrificed, they sacrificed to devils, and not to God: and I would not that ye should have fellowship with devils. Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and the table of devils. Do we provoke the Lord to jealousy? Are we stronger than he?"*

5. **REMOVE IT-** remove the temptation or remove the sin such as rejection, etc.:

- We must break all soul ties with those who are in bondage with us in order to get rid of the temptation to keep sinning.

- It's not a game of "confession", sin, "confession" -we must be serious about getting rid of the sin in our lives.
- We must avoid and stay away from those places that normally lead to sin - bars, shopping areas, - any place that does not help you spiritually.
- We must resolve - sin and we aren't to exist at the same place at the same time - We must remove it and it has to go!

Mathew 4:1-5 *"¹Then Jesus was led ur by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. ³Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." ⁴But He answered and said, "It is written, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God." ⁵Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, ⁷ Jesus said to him, "It is written again, "You shall not tempt the LORD your God." ⁸ Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. ⁹ And he said to Him, "All these things I will give You if You will fall down and worship me." ¹⁰Then Jesus said to him, "Away with you, Satan! For it is written, "You shall worship the LORD your God, and Him only you shall serve."*

6. **REFRAME** – We must take the lie from the devil and replace it with God’s truth, and stop believing the lie of the enemy.

John 8:44 – *“Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.”*

2 Corinthians 11:14 – *“And no marvel; for Satan himself is transformed into an angel of light.”*

Revelation 21:8 – *“But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.”*

7. **RESIST** - Accusation will try to come back so resist **it**. That is why we need to discern good and evil. The Devil gives afflictions.

- Draw nigh to God and He will draw nigh to us.
- We can't strong arm the enemy!
- This is a continuous work, but it is worth it - Health and wellness will be normal!
- Obedience is better than sacrifice!

I Peter 5:6-9 "6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷casting all your care upon Him, for He cares for you. ⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world."

James 4:7 "Submit yourselves therefore to god. Resist the devil, and he will flee from you."

Luke 11:24 "When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he sayeth, I will return unto my house whence I came out."

Also see I Samuel 15:22-23

8. **RENEW** – Renewing your mind daily by reading the Word of God is essential to know and discern the enemies lies and not get sick again.

- Reading the Word Daily
- Meditating on the Word Daily
- Memorizing the Word of God daily

Romans 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Philippians 4:8 - Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Romans 12:1-2 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto

God, which is your reasonable service. (Read More...)

2 Corinthians 4:16 - For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

Philippians 4:6-7 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (Read More...)

Psalms 119:11 - Thy word have I hid in mine heart, that I might not sin against thee.

Ephesians 4:23 - And be renewed in the spirit of your mind;

1 Peter 1:13 - Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

2 Corinthians 10:4-5 - (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) (Read More...)

Colossians 3:2 - Set your affection on things above, not on things on the earth.

John 8:32 - And ye shall know the truth, and the truth shall make you free.

Colossians 3:16 - Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Philippians 2:5 - Let this mind be in you, which was also in Christ Jesus:

Jeremiah 29:11 - For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.