



Freedom

From Hurts, Hang-Ups, and Habits

“Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock of our lives. By observing the forty days of Lent, we imitate Jesus’ withdrawal into the wilderness for forty days.”

**"Blessed are the poor in spirit, for
theirs is the kingdom of heaven."**

- Matthew 5:3

**Many today are captive to our
hurts, hang-ups, and habits.**

God wants us to be free!

Causes

- 1) Our Tendency to Do Wrong
- 2) Our Attempt to Control

“I don’t understand myself at all, for I really want to do what is right, but I don’t do it. Instead, I do the very thing I hate. I know perfectly well that what I am doing is wrong, but I can’t help myself.”

-Apostle Paul

Our Attempts

- 1) We try to control our image.
- 2) We try to control other people.
- 3) We try to control our problems.
- 4) We try to control our pain.

Consequences

1) Fear

2) Frustration

3) Fatigue

**“My strength evaporated like water
on a sunny day until I finally
admitted all my sins to you and
stopped trying to hide them.”**

- Psalm 32:3

Cures

- 1) Admitting Poverty
- 2) Humility

“Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord.”

- Romans 7:24-25

Dear God, I've often tried to control my problems, my pain, my image, and even other people. I'm sorry. I've tried to deny my problems by staying busy and keeping myself distracted. I admit that I am helpless to control this tendency to do things I know are unhealthy for me.

Today I am asking for Your help. I humbly ask You to take all the pieces of my unmanageable life and begin the process of healing. Please heal me. Please give me the strength to choose health and freedom. In Your able name I pray, Amen.