

# Spiritual Freedom in Christ

**Galatians 5:1 says, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”** If you have received Christ as your Savior and Lord, He has already set you free through His victory over sin and death on the cross. The question is: are you living victoriously in Christ’s freedom or are you still living in slavery?

How can you tell if you are living free in Christ? **Freedom in Christ is having the desire and power to know, love, worship and obey God. It is the joyful liberty of knowing God’s truth and walking according to God’s truth in the power of the Holy Spirit.** It is not a perfect life, for that is impossible this side of heaven. **But it is a growing, abundant life in Christ (See John 10:10)**

If you are not experiencing that kind of freedom, it may be because you have not stood firm in the faith or lived according to who you are in Christ. Somehow you have allowed a yoke of slavery to put you back in bondage.

**It is your responsibility however, to do whatever is needed to walk in your freedom in Christ.** If you are a Christian already, your eternal life is not at stake; you are safe and secure in Christ. But your daily victory is at stake if you choose not to walk according to the truth. No matter how tough things might be for you spiritually right now, we’ve got great news for you! You are not a helpless victim caught in a tug-of-war match between two nearly equal but opposite superpowers-God and Satan. **Only God is all-powerful, always present and all-knowing.** Satan was defeated by Christ the Victor at the cross, so don’t believe the lie that your situation is hope-less or that you are helpless against the devil’s attacks. **Satan knows you have authority over him in Christ, but he doesn’t want you to know it. He is a liar and the only way he can have power over you is if you believe his lies. The battle is for your mind.** During this session you may experience nagging thoughts such as, *This isn’t going to work or God doesn’t love me*, etc. Don’t believe the devil’s lies. If you believe Satan’s deceptions, you will really struggle with making it through the Steps to Freedom in Christ. Since you are working through this with trusted friends, tell us any thoughts you are having that are in opposition to what you are trying to do.

**Remember, the only power Satan has over you is the power of the lie. Expose the lie by getting it out in the open; then choose the truth and the power of that lie is broken.** In that way you will be able to maintain control during this session.

*You must cooperate with the person who is trying to help you by sharing what is going on inside your mind.* Also, if you experience any physical discomfort such as headache, nausea, tightness in the throat, excessive sleepiness, etc., don’t be alarmed. Just tell the person you are with so that he/she can pray for you. Don’t let the devil set the agenda during this time; let the Holy Spirit lead.

**As believers in Christ, we can pray with authority to stop any interference by Satan.** Remember that God is **always** present with you. Following is a prayer and declaration to get you going. Read all prayers and declarations **aloud**.