



## **BREAK THE CHAINS**

### **Exodus 1:8-14**

Eventually, a new king came to power in Egypt who knew nothing about Joseph or what he had done. **9** He said to his people, “Look, the people of Israel now outnumber us and are stronger than we are. **10** We must make a plan to keep them from growing even more. If we don’t, and if war breaks out, they will join our enemies and fight against us. Then they will escape from the country.” **11** So the Egyptians made the Israelites their slaves. They appointed brutal slave drivers over them, hoping to wear them down with crushing labor. They forced them to build the cities of Pithom and Rameses as supply centers for the king. **12** But the more the Egyptians oppressed them, the more the Israelites multiplied and spread, and the more alarmed the Egyptians became. **13** So the Egyptians worked the people of Israel without mercy. **14** They made their lives bitter, forcing them to mix mortar and make bricks and do all the work in the fields. They were ruthless in all their demands. (Exodus 1:8-14)

- **God has always wanted His people to live faith-filled, focused, fulfilling and fruitful lives, and He also wants us to live “free” and victorious lives.**
- *“The Egyptians made the Israelites their slaves. . . . The Egyptians worked the people of Israel without mercy. They made their lives bitter, forcing them to mix mortar and make bricks and do all the work in the fields. They were ruthless in all their demands. (Exodus 1:11, 14)*
- **Sometimes because of other people’s initiatives or their own initiatives, God’s people have lived bondage-filled lives rather than free and victorious lives.**
- Jesus - “Everyone who sins is a slave of sin.” (John 8:34)
- “I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.” (Romans 7:21-23)
- “Perhaps God will change those people’s hearts, and they will learn the truth. Then they will come to their senses and escape from the devil’s trap. For they have been held captive by him to do whatever he wants.” (2 Timothy 2:25-26)
- **What types of bondages do people struggle with in our day, and what we can do to overcome them, or help others overcome those bondages in their lives?**

## WHAT TYPES OF BONDAGES DO PEOPLE STRUGGLE WITH IN THEIR LIVES?

### *Some People Struggle With:*

#### • **CHEMICAL BONDAGES IN THEIR LIVES**

- *“Who has anguish? Who has sorrow? Who is always fighting? . . . It is the one who spends long hours in the taverns . . . Don’t gaze at the wine, seeing how red it is, how it sparkles in the cup, how smoothly it goes down. For in the end it bites like a poisonous snake . . .”* (Proverbs 23:29-35)
- “19.7 million Americans (12 years+) battled a substance use disorder in 2017, and 1 out of every 8 adults struggled with both alcohol and drug use disorders simultaneously.” (National Survey on Drug Use and Health)
- “Drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, healthcare expenses, and crime-related costs.” (National Survey on Drug Use and Health)
- **People who use illicit drugs are twice as likely to have mental illnesses, and also typically have a lot of emotional, financial and relational struggles.**
- *“Wine produces mockers; alcohol leads to brawls. Those led astray by drink cannot be wise.”* (Proverbs 20:1)
- *“Drunkards will not inherit the kingdom of God.”* (1 Corinthians 6:10)

### *Some People Struggle With:*

#### • **EMOTIONAL BONDAGES IN THEIR LIVES**

- *“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”* (Ephesians 4:31-32)
- **Many people struggle with Anger, Bitterness, Hurt, Unforgiveness and other similar issues in their lives.**
  - *“Don’t let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.”* (Ephesians 4:26-27)
  - *“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”* (Hebrews 12:15)
- **Many people struggle with Depression and Despair**
  - “19.7% of Americans have struggled with some sort of mental illness, with depression being at the top of list (and 9.7% of teens struggle with severe depression.” (Mental Health America)
  - *“The kingdom of God is righteousness, peace and JOY in the Holy Spirit.”* (Romans 14:17 NKJV)
- **Many people struggle with Fear and Worry**
  - *“Do not be anxious about anything . . . but present your requests to God, and the peace of God, which transcends all understanding, will guard your hearts and minds.”* (Philippians 4:6-7 NIV)

### *Some People Struggle With:*

#### • **FINANCIAL BONDAGES IN THEIR LIVES**

- *“Give freely and become more wealthy; be stingy and lose everything. The generous will prosper; those who refresh others will themselves be*

*refreshed... Trust in your money and down you go! But the godly flourish like leaves in spring.*" (Proverbs 11:24-25, 28)

- *"Just as the rich rule the poor, so the borrower is servant to the lender."* (Proverbs 22:7)
- **75% of Americans are living above their income, 50% have no retirement savings and 35% have zero in regular savings.**
- **The average cardholder has \$7000 of credit card debt and bankruptcies are an all-time high.**
- **People struggle with Financial Bondage because of Buying on Credit, Gambling and other Addictions, Refusing to Work or find a Better Job (1 Timothy 5:8), and Rebelling against God's Plan for Provision (Proverbs 11:24-25, Malachi 3:8-12).**

### **Some People Struggle With:**

#### **● SEXUAL BONDAGES IN THEIR LIVES**

- "55% of teens in 2017 indicated that they are sexually active." (National Center for Health Statistics)
- "25% of all husbands and 15% of all wives have admitted to a physical affair (45% of husbands and 35% of wives have had emotional affairs)." (American Association for Marriage and Family Therapy)
- "60% of first-time married couples and 66% of remarried couples lived together before marriage, but people who "co-habit" are 46% more likely to divorce." (Pew Research)
- "40 million Americans regularly visit porn websites, 35% of all internet downloads are porn, 33% of porn users are women, and Sunday is the most popular day of the week for viewing porn." (The RecoveryVillage.com)
- **Pornography negatively impacts people's lives mentally, emotionally, financially, relationally, vocationally and spiritually.**
- *"Run from sexual sin! No other sin so clearly affects the body as this one does."* (1 Corinthians 6:18)
- *"Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality . . . none of these will inherit the Kingdom of God."* (1 Corinthians 6:9-10)
- **What types of "bondages" do I sometimes struggle with in my life, and how badly do I want to overcome them?**

## **WHAT STEPS CAN WE TAKE TO OVERCOME BONDAGES IN OUR LIVES?**

### **Overcoming Bondages In Our Lives Requires:**

#### **● ACKNOWLEDGING OUR HELPLESSNESS IN REGARDS TO OUR STRUGGLE(S)**

- *"I don't understand myself at all, for I really want to do what is right, but I can't! I do what I don't want to – what I hate! I know perfectly well what I'm doing is wrong . . . but I can't help myself! It is sin inside me that is stronger than I am that makes me do these evil things."* (Romans 7:15-17)

### **Overcoming Bondages In Our Lives Requires:**

#### **● BELIEVING THE LORD CAN AND WILL HELP US**

- *“We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely on God . . .”* (2 Corinthians 1:8-10)
- *“For God is working in you, giving you the desire and the power to do what pleases Him.”* (Philippians 2:13)
- *“The Spirit that God gives us . . . fills us with power, love and self-control.”* (2 Timothy 1:7 GNB)

**Overcoming Bondages In Our Lives Requires:**

**● CONFESSING OUR SINS AND STRUGGLES TO THE LORD**

- *“If we confess our sins to Him, God is faithful and just to forgive us our sins and to cleanse us from all wickedness.”* (1 John 1:9)
- **We don’t get forgiveness through begging, bargaining or bribing – but through believing.**
- *“People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.”* (Proverbs 28:13)
- *“What happiness for those whose guilt has been forgiven! What relief for those who have confessed their sins and God has cleared their record.”* (Psalm 32:1-2)

**Overcoming Bondages In Our Lives Requires:**

**● DETERMINING TO COMMIT OUR LIFE AND WAYS TO THE LORD**

- *“Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God . . .”* (Romans 6:12-13)
- **We commit our life and ways to the Lord when we take: 1) God’s Son as our Savior for life (John 3:16), 2) God’s Word as our Standard for living (2 Timothy 3:16-17), 3) God’s Will as our Strategy for living (Proverbs 3:5-6), and 4) God’s Power as our Strength for life (Philippians 4:13).**
- *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.”* (Galatians 2:20)

**Overcoming Bondages In Our Lives Requires:**

**● EXPRESSING OUR STRUGGLES AND STRONGHOLDS TO OTHERS**

- *“Confess your sins to each other and pray for each other so that you may be healed.”* (James 5:16)
- **Who do we tell?** \_\_\_\_\_
- **What do we tell?** \_\_\_\_\_
- **When do we tell?** \_\_\_\_\_

**Overcoming Bondages In Our Lives Requires:**

**● FORGIVING OURSELVES**

- *“There is no condemnation for those who belong to Christ Jesus.”* (Romans 8:1)
- *“God is so rich in kindness and grace that He purchased our freedom with the blood of his Son and forgave our sins.”* (Ephesians 1:7)

- *“The Lord said (to Moses), ‘I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey . . . The cry of the Israelites has reached Me, and I have seen the way the Egyptians are oppressing them. So now, go. I am sending you to Pharaoh to bring My people the Israelites out of Egypt.’” (Exodus 3:7-10)*