

A person stands on a rocky mountain peak, their arms outstretched wide in a gesture of triumph or freedom. The person is silhouetted against a bright, hazy sky. The landscape consists of rolling hills and mountains in the background, with some vegetation on the slopes. The overall tone is inspirational and uplifting.

John 8:32

And you will know the
truth, and the truth will
set you free.”

**FREEDOM
IN CHRIST**

FREEDOM BEGINS ON THE INSIDE

WHERE ARE WE?

- **DEPRESSION:** Within 20 miles of Impact Church, over 66,000 people struggle with Major Depressive Disorder
- **ADDICTION:** In US, 40% of adult population struggle with illicit drug use
 - CDC reports over 42% of people in US suffer from obesity (food addiction)
 - Average person spends 8 hours and 41 minutes in front of electronics daily
- **PORN:** Pornhub states over 115,000,000 visits to porn sites DAILY
- **ANGER:** 71% of people in US get angry every day
 - 31% of Americans say they get “seething” angry every day
- **FEAR:** 63% of Americans fear something very bad will happen to them or loved ones

THE PROMISE OF JESUS...FREEDOM IS A CHOICE

- **John 8:31–32** 31 So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, 32 and you will know the truth, and the truth will set you free.”
- **John 8:36** So if the Son sets you free, you will be free indeed.
- **2 Corinthians 3:17** Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
- free adj. — no longer or not under the ownership, authority, or in the servitude of another.

SO WHAT'S THE PROBLEM?

"It is difficult to free fools from the chains they worship"

Voltaire

5 Reasons People Love the Chains That Hold Them Back

by Phil Cooke

1. Fear of Change
2. Can't see the big picture
3. Habit
4. Embarrassment
5. Guilt

STEP INTO YOUR FREEDOM

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SUMMER STEP CHALLENGE

- **S**=SUBMIT
- **T**=TRAIN
- **E**=ENGAGE
- **P**=PRAY

SUMMER
STEP
CHALLENGE



STEP INTO YOUR FREEDOM

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S=Submit

- JAMES 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

“The reason why many are still troubled, still seeking, still making little forward progress is because they haven't yet come to the end of themselves. We're still trying to give orders and interfering with God's work within us.”

— A.W. Tozer

- Dallas Willard... *“just do the next right thing”*



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T=Train

- **1 Timothy 4:7** ...train yourself for godliness
- **1 Timothy 4:8** “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”
- **2 Timothy 2:15** Be diligent to present yourself approved to God, a worker who doesn't need to be ashamed, correctly teaching the word of truth.

Warrior Training

Remember, when you're not training, somewhere someone is. And when you meet him, he will win!



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E = Engage

- **Ephesians 6:13** Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.
- **Ephesians 6:11 (NLT)** — Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.
- **Ephesians 6:17 (NLT)** — Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.
- **Ephesians 5:16 (NLT)** — Make the most of every opportunity in these evil days.

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P = Pray

- **James 5:16** The prayer of a righteous person is powerful and effective.
- **Luke 10:19** Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.

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