

SET FREE FROM ME
You Asked for It – Part 5: Romans 8
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ROMANS 7: 7 WEAPONS OF SELF DESTRUCTION

1. Shame
2. Uncontrolled thoughts
3. Compulsions
4. Fear
5. Hopelessness
6. Bitterness
7. Insecurity

**ROMANS 8: 7 WAYS TO
OVERCOME THE 7 WEAPONS OF SELF DESTRUCTION**

1. **OVERCOME SHAME: REMINDE MYSELF DAILY WHAT JESUS DID FOR ME**

“So now there is no condemnation for those who belong to Christ Jesus. For the power of the life-giving SPIRIT has freed you through Christ Jesus from the power of sin that leads to death. The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent his own Son in a human body like ours, except that ours are sinful. God destroyed sin's control over us by giving his Son as a sacrifice for our sins. He did this so the requirement of the law would be fully accomplished for us, who no longer follow our sinful nature but instead follow THE SPIRIT.” Romans 8:1-4 (NLT)

2. **OVERCOME UNCONTROLLED THOUGHTS: ASK THE HOLY SPIRIT TO GIVE ME BETTER THOUGHTS**

“Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the SPIRIT have their minds set on what the SPIRIT desires. The mind of sinful man is death, but the mind controlled by the SPIRIT is life and peace.” Romans 8:5-6 (NIV)

“The sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God.” Romans 8:7-8 (NIV)

3. **OVERCOME COMPULSION: REALIZE I HAVE A NEW ABILITY TO SAY “NO”**

“But you are not controlled by your sinful nature. You are now controlled by the SPIRIT if you have the SPIRIT of God living in you. Anyone who do not have the Spirit of Christ living in them does not belong to Christ.” Romans 8:9 (NLT)

“Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do.” Rom. 8:12 (NLT)

4. **OVERCOME FEAR: TURN MY THOUGHTS TO GOD WHENEVER I'M AFRAID**

“Those who are led by God's Spirit are God's children. For the Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God's children, and by the Spirit's power we cry out to God, “Father! my Father!” God's Spirit joins himself to our spirits to declare that we are God's children!” Romans 8:14-16 (TEV)

5. **OVERCOME HOPELESSNESS: FOCUS ON THE LONG-TERM, NOT THE SHORT TERM**

“Since we are his children, we WILL possess the blessings he keeps for his people, and also we WILL possess with Christ what God has kept for him! For if we share Christ's suffering, we will also share his glory! I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us.” Romans 8:17-18 (TEV)

6. **OVERCOME BITTERNESS: REMINDE MYSELF THAT GOD IS GOOD & IN CONTROL**

"And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.²⁷ And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers^[a] in harmony with God's own will." Romans 8:26-27 (NLT)

"AND we know that in ALL things God works for the good of those who love Him, who've been called according to His purpose." Romans 8:28 (NIV)

"So what can we say about such wonderful things as these? If God is for us, who can ever be against us? And since God did not spare even his own Son but gave him up for us all, won't God, who gave us Christ, also give us everything else?"

Romans 8:31-32 (NLT)

"Since God did not spare even his own Son but gave him up for us all, won't God, who gave us Christ, also give us everything else?" Romans 8:32 (NLT)

7. **OVERCOME INSECURITY: TRUST THAT GOD WILL NEVER STOP LOVING ME**

"I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Romans 8:38-39 (NLT)

MEMORY VERSE:

"What, then, shall we say in response to this?
If God is for us, who can be against us?"
Romans 8:31