

*A Women's In-depth Study*

# *Breaking Free*

*Making Liberty in Christ  
a Reality in Life*

L I S T E N I N G   G U I D E

*Beth Moore*



© LifeWay Press®, 1999. Permission is granted to store, print, and distribute this document for its intended use. Distribution for sale is strictly prohibited.

Address requests for additional permissions in writing to Leadership and Adult Publishing, One LifeWay Plaza; Nashville, TN 37234-0175.

## *Goals for Breaking Free*

Isaiah 9:2-9; Judges 6; 7

1. The people of God can be very oppressed by the enemy.

Isaiah 54:17

2. When oppressed, the children of God have a tendency to prepare shelters for themselves rather than do what liberty demands. These shelters can easily turn into strongholds (6:2).
3. The people of God have little defense against the destructive nature of the enemy without the power of God working in their favor (6:5-6).

The Midianites Dominion

- They ruined the crops.
  - They impoverished the people. The original Hebrew word for “impoverished” is *dalal* meaning to dry up, to be emptied, to fail, to be impoverished.
4. God did not allow His people to be oppressed so they would be defeated, but so they would ultimately be victorious. Victory begins with the cry for help (compare 6:1 to 6:6).
  5. God willingly tells His children why they are being oppressed if they are willing to listen (6:7-10).  
For the Christian ...
    - Our prison doors are locked from the inside.
    - The enemy has no authority to hold us when we are ready to get out.
  6. God sees the potential of His children and appoints the experiences necessary for them to fulfill their destinies (6:11-16).
  7. Any sacrifice we make in our quest for freedom will be wholly consumed and blessed by God.
  8. To live in freedom, the people of God must recognize and forsake all other gods (6:25-27).
  9. God wants to remove all doubt concerning Who brings the victory (7:1-8).
  10. God recognizes our fears and insecurities (7:9-18).

## *Untying the Cords of the Yoke*

Isaiah 61:1-4; Isaiah 53:1-12; Hebrews 2:6-10

Isaiah 61:1-4 could only be fulfilled through Isaiah 53.

1. Christ was like a root out of dry ground so we could be a planting of the Lord

(Isa. 53:2; 61:3; Ps. 1:1-3).

2. Christ's beauty was veiled so ours could be revealed (Isa. 53:2; 61:3).

Isaiah 52:14; Psalm 45:10-11

3. Christ was despised and rejected so we could be favored and accepted (Isa. 53:3; 61:1-2).

The Hebrew word *ratson*, means "delight, good will, favor, grace, kindness, willfulness."

4. Christ became a man of sorrows so we could become people of gladness (Isa. 53:3; 61:3).

5. Christ was oppressed and imprisoned so we could be released from prison

(Isa. 53:7; John 19:8-10).

6. Christ was crushed by our iniquities so we could become His righteousness (Isa. 53:5; 61:3; 2 Cor. 5:21).

7. Christ suffered so that God could be satisfied and we could be saved (Isa. 53:11). This is the Good News preached to the poor!

8. Christ remained silent so we could proclaim His great salvation.

## *That You May Know*

**Isaiah 43:10—To know God and believe Him.**

Three questions to prompt our study today:

1. Who is this God who cares for us to **know** Him (Isa. 40:21-28)?
2. How can we know this awesome God?
  - **Through the study of God's Word**
  - **Through the lifestyle practices of prayer**
3. Why is the **in-depth** study of God's Word a necessary part of making **liberty** in Christ a **reality** in life (John 8:31-41)?

Two facts from the initial steps of our journey:

- Christ sets the **captive** free through **truth**.
- Satan attempts to take the **free** captive through **lies** (Jas. 1:22-25).

EQUATIONS THAT TOTAL LIBERTY

**Environmental** Influences + **Experiential** Influences = My Truth

My Truth + 0 = **Incompletion**

My Truth + **Satan's lies** = **Captivity**

**God's** Truth > **my** Truth

Hebrews 4:12-16

The Greek word *energes*, means “engaged in work, effective.”

My Truth + **God's Truth** = **Freedom**

## *Removing the Obstacles*

Obstacles on the Freedom Trail

1. Unbelief
2. Pride
3. Idolatry
4. Prayerlessness
5. Legalism

**Matthew 21:12-13; Isaiah 56:7-8; Ephesians 6:10-18**

The Vulnerability of Prayerlessness

1. Prayerless lives are powerless lives.
2. Prayerless lives are unprotected lives.

God's most powerful prayer warriors were...

1. Those who had consistent communication with God on every level (Eph. 1:15-23).
2. Those whose knowledge of the heart of God led their requests of the hand of God (Neh. 1:5).

Our prayers become more powerful when we are better acquainted with:

- His personality (Neh. 1:4-7).
- His promises (Neh. 1:8-9).
- His practices.

We can't always know the mind of God, but we can always know the heart of God.

3. Those who possessed a powerful blend of reverence and boldness (Neh. 1:10-11).

Habakkuk 3:2

## *Rebuilding the Ancient Ruins*

Exodus 20:5-6; Isaiah 61:4

One of the most profound and influential generational strongholds is prejudice

Two reasons why generational prejudice has such a strong hold:

- Too rarely acknowledged
- Too widely accepted

Acknowledgment: We admit that prejudice is a problem and those who are not part of the solution are part of the problem.

Acceptance: Though prejudice may be natural, like other practices of our flesh nature, it is sin.

We have been given a super-nature in which prejudice has no place.

1. The obstacle in overcoming prejudice is fault (Jer. 32:17-19).

Prejudice may not have originated in our hands, but the problem is in our laps.

2. The origin of prejudice: (Gen. 11:1-9).

The overturning of prejudice will come to those who willfully unite to magnify His name.

3. The oppression in prejudice: Attitudes ultimately take action (Isa. 58:6-12).

4. The opportunist in prejudice: The enemy will continue to fuel prejudice among believers for two reasons.

- to keep the Kingdom divided (Matt. 12:25; 13:11).
- to thwart obvious authenticity (John 13:34-35).

5. The offer to overcome prejudice (Rom. 12:2). We need our minds to be totally renewed.

How We Can Respond

1. Ask God to change our hearts and renew our minds.

2. Accept opportunities to study, worship, and fellowship together.

## *Binding Up the Brokenhearted*

**John 4:1-26; Isaiah 61:1**

Three primary hands that carve empty places in life:

1. A hand withheld.
2. A hand lost.
3. The hand of God.

Salvation does not equal satisfaction.

John 4:10

The key to finding satisfaction in Christ: the Living Water.

Finding Satisfaction in Christ involves:

1. Learning to identify and acknowledge every empty place.
2. Asking for any helpful insight from God concerning these empty places (Ps. 139:1-6).
3. Recounting the toll these empty places have had on you (Rom. 6:21-23).
4. Confessing any sin resulting from these empty places (Jer. 2:13).
5. Learning to dialogue openly with God about the empty places (John 4:39-41; Ps. 62:5-8).
6. DAILY seeking the filling of His Spirit (Ps. 63:1-5).

## *Beauty from Ashes*

### Isaiah 61:1-3

God never allows or appoints a fire unless He can bring beauty from the ashes.

Isaiah 1:18-26; 48:10-11; Job 23:10; 1 Peter 1:3-9

1. We cannot avoid fiery trials (1 Pet. 1:6).

What form can these *trials* take? Any kind of trial, temptation, or test.

The Greek word *poikilos* means “variegated, diverse, manifold” (1 Pet. 4:10).

2. Whatever the reason, the purpose of refinement is always to make us objects of beauty (2 Cor. 4:16-18).

3. One primary purpose of fiery trials is to surface the dross (John 18:15-18, 25-27; 21:7-12).

4. We cannot often refuse the fire, but we can refuse to be refined by it (Jer. 6:27-30).

5. Sometimes our fiery trials are absolutely necessary to fulfill our callings (1 Pet. 1:6; 4:19).

*If need be* means “necessary or inevitable in the nature of things.”

6. The ultimate goal of the Refiner is to see His reflection in the precious metal (1 Pet. 1:7).

## *The Potter and the Clay*

**Galatians 5:1; Matthew 11:25-30**

Considerations Concerning *REST*

1. Most of us are exhausted (Gal. 1:10).
2. Perpetual activity is not God's will for our lives (Isa. 28:10-13; Mark 6:30-31).
3. Christ offers a remedy for rest.

Greek words which mean *rest*:

*epanapauo*—to cause to rest; *katapauo*—to cause to cease

*anapauomai*—to rest oneself; *anapauo*—to offer rest

Matthew 11:28

4. The need for this kind of “rest” is not rare for anyone.
5. The kind of yoke in verse 29 is always and only worn by two.

We are a captive audience to anything on the other side of our yoke (Gen. 5:21-23).

6. Christ Jesus is the perfect yoke-mate.

The antonym of the Greek word for “gentle” is *orgilos* which means “prone to anger, soon angered.”

7. This kind of rest cannot be easily explained or described. It must be discovered.

The Greek word *heurisko* means “to find out by inquiry, learn, discover ... by experience that a person or thing does a particular thing.”

8. The rest we discover in the yoke of Christ does not end when we return to full activity.

The Greek word *anapausis* means “rest, inward tranquillity while one performs necessary labor.”

## *God's Unfailing Love*

“We love because He first loved us” (1 John 4:19).

How important is our ability to love God, then others? (Mark 12:28-30).

The Greek word *protos* means priority (Mark 12:29-31).

Why God Wants Our Love

1. Love motivates obedience.
2. Love motivates perseverance (Jas. 1:12).
3. Love motivates safety (Mark 12:30-31).

Goals for today's lesson:

1. Identify a common stronghold that inhibits love for God.
2. Identify the kind of love God commands.
3. Understand how to love God.

Common Strongholds:

1. We sometimes believe a lie. Satan's scheme is to convince us:
  - God doesn't love us.
  - Sometimes we love God when we don't.

John 21:15-25. Two kinds of love: *agapao* and *phileo*.

Identifying *agapao* love:

- |   |       |           |        |
|---|-------|-----------|--------|
| 1. Does He regularly circulate into <u>my thoughts</u> (Ps .63:6)?                      | Often | Sometimes | Rarely |
| 2. Am I often drawn to <u>spend time</u> with Him?                                      | Often | Sometimes | Rarely |
| 3. Does my life <u>demonstrate</u> a love for God (Rom. 5:8)?                           | Often | Sometimes | Rarely |
| 4. Do I often <u>enjoy</u> God (Ps. 16:11)?   | Often | Sometimes | Rarely |
| 5. Do I find relief or satisfaction in the <u>obedient</u> life (Ps. 51:8; John 14:21)? | Often | Sometimes | Rarely |

Understanding How to Freely Love God

1. *Agapao* always originates with God (1 John 4:7).
2. God gives any believer what she asks in His will; therefore ask God diligently and daily for the supernatural ability to love Him.
3. Offer God an undivided heart (John 21:19).

## *The Steadfast Mind*

Isaiah 26:3; 2 Corinthians 10:5; 2 Timothy 3:1-5, 6-7, 12-13

The Latter Days

- Humanism does not equal humanitarianism.
- Satan's brand of humanism is nothing more than self-worship (Luke 4:14-21).

1 Timothy 4:1

- The latter days are characterized by escalating spirituality of a deceptive and demonic nature.

The Latter War

Why will warfare intensify in the latter days?

- The enemy knows Scripture and can read the signs of the times fluently.
- The enemy is desperately trying to offset the outpouring of the Holy Spirit (Acts 2:17-21; Rev. 14:9-10; Matt. 24:1-14; Acts 2:17-18; Isa. 32:9-15).
- The enemy knows his time is short (see Rev. 12:12).

The Latter Warrior

- Realize the trust (Acts 17:26-28).
- Recognize both the personal and corporate attack.
- Recall the weapon of Satan's warfare: deception (2 Cor. 4:1-2).

Satan's Fingerprints

1. Secrecy
2. Shame
3. Deception
4. Distortion

- Recall the weapon of our warfare: truth (Isa. 50:7-9; 25:6-8).

## *The Display of His Splendor*

### **Nehemiah 8**

Like the Israelites in Nehemiah's day ...

1. We are exiles learning to live in liberty (Neh. 8:1).
2. We have discovered the vital role of truth (Neh. 8:2-3, 5-6).
3. We now know the necessity of repentance in the process of restoration (Neh. 9:1-2).

Isaiah 66:2

In view of all this ...

1. We would consider entering into a binding agreement with God (Neh. 9:38).

The Hebrew word *amanah* means "to make a covenant, to make a firm commitment based on truth."

2. We could prepare ourselves to go forward into liberty with God without human leadership (Neh. 13:6).
3. We could make lifelong faithfulness our goal, but know what to do if we break our binding agreement (Neh. 13:30).

Isaiah 44:1-5

Isaiah 61:1-3

2 Corinthians 11:2