

Break Free

Break Free... A New Life For You!

Ever feel like you are dragging a ball and chain around?

Check out these statistics...

- One of every eight Americans has a significant problem with alcohol or drugs, with 40 percent of the group having a "dual diagnosis," or concurrent mental/nervous disorder;
- By age eighteen, almost 12 percent of all young people are illicit drug users;
- The National Council on Sexual Addiction Compulsivity estimated that 6%-8% of Americans are sex addicts, which is 18 million - 24 million people
- Research suggests that about one percent (1%) of female adolescents have anorexia. That means that about one out of every one hundred young women between ten and twenty are starving themselves, sometimes to death. (ANRED)

- In a given year, approximately 1% of the U.S. adults (3 million) meet criteria for pathological gambling. (National Council on Problem Gambling)

Even if these do not reflect where you are, we **all** are in bondage!

- Fear, anger, resentment, bitterness, revenge, greed, selfishness, pride.
- All of us have sinned! Romans 3:23
- Sin enslaves us. John 8:34

There is very good news!!! You can break free! John 8:36

We can have a brand new life "in Christ"! II Corinthians 5:17

- To be "in Christ" is to rely on and trust what He has done on our behalf.
 - Jesus died in our behalf, for our sins, and raised from the dead for our new life! Romans 6:1-11
 - When we believe on, trust in, and follow Jesus, we identify with Him in His death, burial, and resurrection, and we are then "in Christ"!
- When we're in Christ, we're new creations, not recycled versions of the old person!
 - "Old things passed away... new things have come"...
 - The old love, desires, and plans are replaced with new ones.
 - Our actions begin to change, with old ones disappearing & new ones forming!

Jesus called this being "born again"! John 3:1-7

Next Week... "Break Free From Fear!"