

Getting Free and Staying Free

I. Introduction

- A. Since Easter we've been talking about FREEDOM from sin & shame
- B. How did I get here? How do I get out? How do I get through? How do I stay free?
- C. Our hope: to experience real freedom in Christ and walk in it continually.
- D. What Is Deliverance? Deliverance = Freedom stemming from Salvation
 - 1. Deliverance is not an event; it's an invitation:
 - a) **Jesus HAS delivered us.** Freedom from the penalty of sin (Justification – Romans 8:1)
 - b) **Jesus IS delivering us.** Freedom from the power of sin (Sanctification – Romans 6:14, For sin shall not be your master, because you are not under the law, but under grace.)
 - c) **Jesus WILL deliver us.** Freedom from the presence of sin (Glorification – Revelation 21:4)
- E. All sin begins with a lie. It always comes with deception. It's not just an action. → It's "*Sin is a lie we swallow*"
 - 1. "This will satisfy me." || "Nobody will know." || "I'm not hurting anyone."
 - 2. "I'll deal with the consequences later." || "God will forgive me anyway."
 - 3. "God can't really help me with this." || "I can't forgive" || "I can't move on"
- F. The Enemy's Tools:
 - 1. Lies → distorted identity and deception
 - 2. Strongholds → entrenched thought patterns (2 Corinthians 10:4-5)
 - 3. Afflictions → patterns of behavior, oppression, and accusation
- G. We've prayed with over 30 people to experience deliverance from sin and spiritual affliction during this sermon series. God has unearthed in people darkness and he wanted the light to shine through.
 - 1. It's not fun. It's not enjoyable in the moment. Sometimes what comes after is a real challenge as well, but the freedom of walking in truth and the light for someone who has been hiding in darkness cannot be overstated
- H. Afterwards...
 - 1. Some receive freedom and walk in it, growing in faith and obedience.
 - 2. Others receive freedom but return to bondage. Why?
- I. Let me acknowledge that I am learning, and it is possible that I, as your shepherd, didn't do a good job; we might need to meet again.
 - 1. It is possible that what we thought was spiritual was actually physiological or emotional.
 - 2. **But** beyond that, we must remember that the enemy wants you to fail in your freedom.
 - 3. Not every tactic from the enemy is a demon. Not every misstep is spiritual bondage, but if we ignore the enemy's strategies we slowly walk into spiritual decay
- J. So as we end this series, let's review his tactics and how to get and stay free

II. Know Your Enemy

- A. Our enemy is not just “sin” as an abstract idea. Scripture names three sources of opposition in the war that we fight → The world, the flesh, and the devil
 1. Combined, these are our “spiritual warfare”
 2. For example, in Genesis 3, Satan tempts Adam and Eve using all three pieces of this “temptation pie.” There is external, internal, and spiritual solicitation to sin
- B. The World (External Solicitation to Sin)
 1. This includes cultural systems, entertainment, and values that normalize sin. The stuff you see on the news that makes your blood boil
 2. John explains further: *1 John 2:15–17, [15] Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. [16] For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. [17] And the world is passing away along with its desires, but whoever does the will of God abides forever. (ESV)*
 3. The “World” – the kingdom of Satan – offers external solicitation to sin
 - a) Lust of the eyes – covetousness, materialism
 - b) Lust of the flesh – indulgence, sensuality
 - c) Pride of life – self-exaltation, ambition (1 John 2:15-17)
 4. Solution: **EVALUATE** everything against the Word of God.
 - a) *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. (Hebrews 4:12)*
 - b) The world may tell you that you should change your gender, that one more toy will satisfy you, or that success is found in likes, but do those claims stand up against the Word of God? No.
- C. The Flesh (Internal Solicitation to Sin)
 1. This is the sinful nature still present in the believer (Galatians 5:16-24).
 2. The flesh wants comfort, ease, power, gratification—immediately.
 - a) Ex: The external solicitation of seeing a scantily clad photo plays off the internal solicitation of a desire for pleasure
 - b) Ex: The Instagram world of likes and popularity plays off your internal solicitation to be liked, your insecurities, and fears
 - c) Ex: Your flesh tells you that getting angry will control the situation
 3. Strategies:
 - a) **Run** from temptation (2 Timothy 2:22)
 - b) **Renew** your mind b/c your mind shapes your actions (Rom. 12:2)
(1) *“As a man thinks in his heart, so is he.” (Proverbs 23:7)*
 4. Solution: **RUN & RENEW**
 - a) **RUN.** If the fire is too hot, just run. “You can call me and I will come pick you up.” → What’s the “grown up” version of that?
 - b) **RENEW.**

(1) Struggling with lust? → Pray for your spouse or future spouse.

(2) Struggling with anger? → Bless the person in prayer.

- c) As we run and renew, we experience the filling of God's Spirit, and when we walk in step with His Spirit, we do not gratify the flesh (Gal 5; Col 3)

D. The Devil (Supernatural Solicitation to Sin)

1. As we've discussed, demonic attacks are real, but Jesus gives us authority to silence and stomp on them (Luke 10:19).
2. **Everyone** experiences lies, oppression, or harassment (fiery darts)
3. The battlefield is the mind. (2 Corinthians 10:5)
 - a) Examples: Accusation (Revelation 12:10): "You'll never change," "You're disgusting," "You're a fraud." "This is hopeless."
 - b) These lies bind us unless countered.

4. How do we fight against this?

- a) **RESIST** the Devil and he will flee
- b) Stand firm in **FAITH**
- c) **PRAY!**

(1) **Pray defensively** → *Psalm 27:1, [1] The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? (ESV)*

(2) **Pray offensively** → *Psalm 35:4–6, [4] Let them be put to shame and dishonor who seek after my life! Let them be turned back and disappointed who devise evil against me! [5] Let them be like chaff before the wind, with the angel of the LORD driving them away! [6] Let their way be dark and slippery, with the angel of the LORD pursuing them! (ESV)*

- d) **REJECT** the lie & **REPLACE** with truth

E. These are the "normal" ways of fighting against the world, the flesh, and the devil, but what if none of that seems to work?

F. What if you are "doing all the right stuff" but you are experiencing no freedom?

III. If freedom feels out of reach, it may be because ground has been given to the enemy.

A. We talked about how the Bible says that the enemy only torments us when we give him permission to do so & we've spent weeks pointing out the key areas where this happens → unforgiveness, fear, unrepentant sin, the occult, etc

B. A foothold, opportunity, ground = Agreement

1. It's like owning a house and subletting a room to a guest, and despite his terrible behavior, you won't evict him
2. The house doesn't belong to him. You could kick him out. But you believe the lie, he has the right to stay.

C. When we agree with a lie, harbor unforgiveness, or persist in unrepentant sin, we give Satan a foothold (Ephesians 4:27).

1. What we have found is that often people have lived with their issue for so long that they no longer view it as sin.

- a) Fear → “I’m just an anxious person”
 - b) Unforgiveness → “I’ve moved on...” // Resent becomes a position
 - c) Accusation → “You’re too dumb to read the Bible.” “And you’re lazy.” “What’s the point of trying?” “God will never use you.”
- 2. If you are to evict the enemy from your life and return to the “normal daily attacks” instead of deep affliction, a few key things have to happen.
- 3. 4 R’s so you can remember easier.
- D. Steps to Evict the Enemy
 - 1. **REPENT.** Repentance is turning and trusting. It is a confession.
 - a) Confession is acknowledging sin before God.
 - b) Confession is acknowledging truth before God
 - c) Name the issue: sexual sin, fear, pride, bitterness, false teaching, unforgiveness, anxiety, etc
 - (1) *Fear and unforgiveness seem to be the most common b/c I think they are the easiest to hide and keep around.*
 - d) The thing people don’t want to tell anyone else about is almost always the root.
 - (1) I have prayed with people who confessed many things, but when it came to confessing the “root,” people often physically struggle to do so
 - (2) It’s not uncommon that people feel as though they are choking on their words or “simply won’t say it out loud.”
 - (3) The enemy does not want us to drag the unconfessed sin into the light, but once we do, the beautiful light of Christ obliterates sin and washes us clean
 - e) Repentance and confession is about releasing our sin and trusting in His power and His work on the Cross. Deliverance isn’t about effort—it’s about faith.
 - f) This is about releasing others from their debts (Matthew 6:14-15) and acknowledging that our unforgiveness is just hurting us (and is sin!)
 - g) It is about realizing that fear and anxiety aren’t character flaws, but sin b/c they doubt the goodness of God and the presence of God
 - (1) They give power to the enemy where he has none
 - 2. **RENOUNCE**
 - a) Once there has been repentance, we need to take back the ground given to the enemy
 - b) We talk about renunciation, “saying no” to a lie, sin, or spirit
 - (1) “In the name of Jesus, I renounce the lie that I am unlovable. I break agreement with it.”
 - (2) “In the name of Jesus, I say NO to the power the spirit of lust is trying to claim over me.”
 - c) Renunciation, after confession, is like handing the eviction notice

- d) But if we have not repented, we do not have any ground to stand on. So we REPENT and then we RENOUNCE

3. REMOVE

- a) To remove is to command to leave.
- b) Jesus has given us the authority to tread on demons.
 - (1) Greater is he in you than he is in the world
- c) Jesus has delegated HIS authority to you
 - (1) Once repentance and renouncement have occurred, the eviction process is straightforward based on our authority
 - (2) Often if the removal process is delayed it's b/c there is still ground given to the enemy
- d) We have authority in Christ over Satan, demons, and all their minions. Don't be creeped out by this, view it like leeches.
- e) So, after repenting and renouncing, we remove: *"In the name and authority of Jesus, we command every Spirit that X has renounced to leave and never return."*
- f) Exballo = Greek for "drive out" (Mark 1:34) & that's exactly what happens

4. REPLACE

- a) Finally, we replace. Jesus doesn't want to leave the house empty; he wants to fill every nook, cranny, and closet with his Holy Spirit
- b) So we ask him to do that, and we also speak
 - (1) Lies are replaced with TRUTH
 - (2) Curses are replaced with BLESSINGS
 - (3) Old habits are replaced with their HOLY OPPOSITE

IV. Staying Free

- A. Salvation is found in Jesus Christ alone through faith
- B. Deliverances do happen, but don't obsess over them
- C. The real power to change and find freedom besides your initial salvation is discipleship → following Jesus in the day to day
- D. *1 John 1:7–2:1, [7] But if we **walk in the light**, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son **cleanses us** from all sin. [8] If we say we have no sin, we deceive ourselves, and the truth is not in us. [9] If we confess our sins, he is faithful and just to **forgive** us our sins and to **cleanse** us from all unrighteousness. [10] If we say we have not sinned, we make him a liar, and his word is not in us. [1] My little children, I am writing these things to you so that you may not sin. But if anyone does sin, **we have an advocate** with the Father, Jesus Christ the righteous.*
- E. Daily Practices:
 - 1. Walk in the light... the Word (the light) exposes our spiritual realities
 - a) **Hear and Obey** (Matthew 4) → Jesus overcame the enemy not just by quoting Scripture, but by living under obedience. Don't just hear—do.

2. **Keep short accounts on your sin:** Confess sin quickly so it doesn't give the enemy an opportunity to exploit. Did you go to bed with unforgiveness and anger last night? Deal with it today or it builds like a tower.

- a) I don't care how justified you think you are, you're only ruining your own life if you resist the clear commands of Jesus

3. **Pray**

- a) Defensive (Psalm 27: protection, confidence in God)
- b) Offensive (Psalm 35, Psalm 83: calling on God to fight)

F. As you do this, you will see freedom and breakthrough in your life. Sometimes simply, and sometimes dramatically.

G. If you don't see freedom, return to the 4 R's by yourself.

H. If you still don't see freedom, involve someone else to help.

I. Speaking of which...

1. You don't need to be a pastor or "spiritual giant" to help someone through this → each of us has the authority in Jesus to help deliver
2. Acts 3:12 – "Not by our own power or piety..."
3. It is your authority and responsibility to help others get and stay free!
 - a) The Gospel rightly applied: Jesus paid it all.
 - b) Faith that is shared (Galatians 6:2) – "Bear one another's burdens."
 - c) Safe spaces for confession—private, gossip-free, Spirit-led conversations.

V. **Conclusion.**

A. Freedom simultaneously IS and IS NOT a one-time gift

B. It's a lifestyle of choosing truth, receiving grace, and rejecting darkness daily.

C. If you want to grow deeper in this topic, check out the books listed on the lyric sheet

Further Study:

- Neal Lozano – Unbound: A Practical Guide to Deliverance
- Karl Payne – Spiritual Warfare: Christians, Demonization, and Deliverance