

Overcoming Darkness: Staying Free,

5.8.16

(Remember to review post it note in study)

Intro

1. Summary from previous & encourage to listen to the podcast.
2. Important Realities
 - a. It is seldom one thing, but often a combination of several – family of origin issue, personal choices, physical problems, emotional/relational needs, personal sin and lies we've come into agreement. When you deal with the spiritual/soul area it will positively impact the other areas.
 - b. The 5 Steps of Overcoming Darkness is nothing but a revolving door unless you get serious about your faith journey.
 - c. Everyone experiences spiritual warfare. It's typically never in the form of a demon manifesting in front of you, but rather a subtle lie that he throws at you. We come into agreement with it and we find ourselves bound up.

Continued freedom requires entering into battle where your freedom will be tested.

- a. What does it mean to walk in freedom? You walk in your full identity as a child of God. When we understand and experience our true identity as a child of God, it liberates us! I believe that's why in Ps.16 we experience fullness of joy, b/c we see ourselves as He sees us.
- b. Satan tested Jesus' identity in the wilderness, and therefore, he test your identity. He will always call into question God's goodness and your identity as a joint heir to the throne of God.
- c. John 8.34ff – We are not slaves to sin, but when we're living in sin our identity is challenged and we don't believe or act like we're sons. When you're held captive to lies you say things like, "I'm not worthy to receive God's..." or "I'll never know God the way others do" or " I don't feel forgiven...peace..." or "I feel incomplete, etc." You will fall back into a

servitude mentality. We don't experience God's love, forgiveness or delight.

- d. You can lose the truth planted in you – Mt.13. the Parable of the Soils. It springs forth for a moment and then is strangled, or it withers away. It creates excitement for a day or week, but there is no lasting fruit.
- e. Renouncing the devil is a normal expression of discipleship. This is an ongoing part of our walk with God as we surrender more of our lives to Him. Discipleship is growing in the image of Jesus. As God reveals lies that I have believed, I break agreement with it and renounce the work of the enemy. This facilitates the discipleship process in my life.
- f. Success in overcoming darkness requires:
 - i. Know that you are in an ongoing battle for your freedom;
 - 1. Jesus, Paul, James, Peter & John all talked about spiritual warfare.
 - ii. Know who the real enemy is – it's not your parents, spouse, etc.
 - iii. Know where the battle is – it's mainly for your mind.
 - iv. Know the weapons and tactics of the enemy – uses those things that tempt you.
 - v. Know that the battle could come at any time.

When the battle comes respond as a growing child of God.

- a. Refuse to be discouraged!
 - i. God will give you many opportunities to defeat your enemy! God allows Satan to test you to develop perseverance, victory and faith. He wants you to know that He is good, He is for you and you are loved.
 - 1. Wind strengthens the root systems of trees. Resistance is necessary for deep growth.
 - 2. Some battles aren't necessary. Mt.6 – lead us not into temptation, but deliver us from the Evil One.
 - ii. If you fail, don't live in defeat. There is another chance. See it as a child learning to walk. Refuse to give into discouragement, bumps

on the head, slips and tumbles. Refuse to give up, give in or give out.

- iii. Remember your identity regardless of the circumstances.
- b. Know that the battle is fought in the mind – Rom.12.1f.
 - iv. Your mind is the beginning point of vice and virtue. Thoughts are the door ways into our mind. They set up shop and we think they're a nuisance. Shut the door at the beginning. Don't give it room to wiggle into the room. The transformation of your life will follow the transformation of your mind.
 - v. The HS alone transforms the mind, but we can open and shut the door (like a door)
 - 1. Eph.4.17
 - 2. Col.3.5–10

God calls out your New Self.

- a. By restoring your true identity – “Col.3.10” – and intimately knowing the Father & His love.
 - a. By freeing you to live reflectively (1 Pet.1.13–15)
 - i. Reflection is not the same as introspection, but is being aware of what has already risen to the surface of your consciousness. We are not to be always looking on the inside. We are to address those things the HS brings to the surface. Lack of reflection enables Satan to set up his schemes in our life.
 - ii. Introspection is a desire to help oneself. It places you at the center. You are searching for root thoughts or behaviors w/o the illumination of the HS. This always leads you away from the Lord into a downward spiral. You live in regret, anguish and frustration. Satan wants these past failures/sins/lies to be a monument in your life that you pass everyday. He wants it to be a monument of your past, whereas God wants to grind it up and make it a road into the future.

b. By exposing strongholds in your life:

- a. Satan has no power in your life. All he has is deception. He provides lies that we agree with, which then empowers him. Once the lie is exposed his power is greatly diminished.
- b. **Do you prefer darkness rather than the humbling task of looking at yourself?** Satan's deception causes fatigue and confusion. You will find freedom by pressing in.
- c. **Are you looking for truth or relief?**
- d. **Do you prefer to blame others rather than recognize your part?**
- e. **Are there patterns that have been established over time, such as long habits or lies that you believe when vulnerable?**
- f. **Do you have disproportionate responses to issues?**
- g. **Half the battle is recognizing what is happening.**

By providing powerful weapons (2 Cor.10.3-6).

- a. **Truth is the greatest weapon.** Truth destroys arguments and lies. It's also the truth in knowing who you are in Jesus.
- b. **Humility – the willingness to address the issues the Lord brings to the surface.** Pride was what kept Satan from his position in God's presence.
- c. **Knowing your weaknesses.** Fatigue and stress are great catalyst to discover your weaknesses.
- d. **Spiritual practices: Bible Study, prayer, Sabbath, giving, serving, silence, solitude.**
- e. **Living in the light.** Living in relationship with others whom you can talk to and who can speak with you.
- f. **The 5 Steps to Overcome Darkness**
- g. **The armor of God – Eph.6.10-18**
 - a. The Helmet of Salvation – reflects a transformed mind that is impenetrable of the devil's lies. The mind is protected (unless you let the thought in).
 - b. The breastplate of righteousness (bullet proof jacket) – you know you are one with Christ. The heart is protected.

- c. The belt of Truth – you are covered by God’s truth about His goodness and your identity; you are secure.
- d. The shield of faith – complete confidence in God and His truth.
- e. The sword of the Spirit is the Word of God.
- f. The shoes of peace reflect your readiness to move fwd in freedom and share with others what God has done.
- g. Nothing covers your back b/c you are advancing forward!

Conclusion: Overcoming Darkness takes place in the broader context of advancing God’s Kingdom. Don’t look for a formula. It’s about a relationship and coming into a deeper experience of our identity as a child of God.