



Free From Me

Romans 8

Weapons of self-destruction:

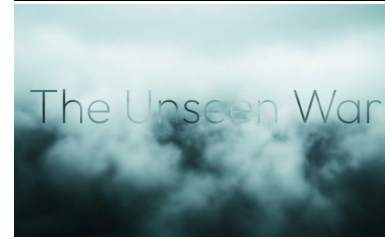
1. Shame.
2. Uncontrolled thoughts.
3. Compulsions.
4. Fear.
5. Hopelessness.
6. Bitterness.
7. Insecurity.

What a wretched man I am! Who will rescue me from this body of death? (Romans 7:24, NIV)

To be set free from me:

1. I remember what Jesus did for me.
2. I remember I have power greater than willpower.
3. I ask the Holy Spirit to give me better thoughts.

(Romans 8:5-6, NIV)



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To be set free from me:

4. I exercise my new ability to say no.
(Romans 8:9a, NIV)
5. I turn my thoughts to God whenever I'm afraid.
(Romans 8:15, NIV)
6. I focus on the long term, not the short term.
(Romans 8:17-18, NIV)
7. I remind myself that God is good and in control.
8. I realize that God will never stop loving me.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:38-39, NIV)