

A Christmas Hope
How God Sets Us Free From Our Chains

1. _____

Key: Have I thoroughly _____ ?

a) Watch for _____

Proverbs 14:13 *Laughter can conceal a heavy heart, but when the laughter ends, the grief remains.*

b) Evidence of _____

Proverbs 14:10 *Each heart knows its own bitterness...*

c) _____

Read 1 Samuel 18-20

2. _____

Ezekiel 36:26 *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.*

Matthew 9:35-36 *Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.*

3. _____

Key: Spiritual transformation begins _____

Luke 2:10-11 *I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.*

1 Timothy 1:15-16 *Christ Jesus came into the world to save "sinners"—and I am the worst of them all. But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life.*

Truths we hide from

- *I'm just playing games with God. I don't love Him with all my heart, soul, mind, and strength.
- *I'm depressed.
- *I push away love.
- *I'm anxious a lot of the time.
- *I worry way too much.
- *I'm full of negative self-talk.
- *I'm a workaholic.
- *I'm a perfectionist.
- *I'm a chronic liar.
- *I'm not handling money well.
- *I complain a lot.
- *I'm addicted.
- *I'm a people pleaser.
- *I'm afraid of losing control.
- *My way of handling conflict is not working.
- *I'm afraid of being alone.
- *I'm not good at expressing what I want or need.
- *I'm afraid of being unimportant.
- *I can't stop.
- *This area of my life is out of control.
- *I'm blowing it with my spouse.
- *I'm not very close with my kids.
- *I'm ashamed of what I've done and terrified of discovery.
- *I'm sure if people knew who I really was, nobody would speak to me again.
- *I can't forgive myself.
- *I'm taking steps down a path I KNOW will end in pain.
- *I owe someone an apology.
- *My pride is damaging my life.
- *I hate the people who hurt me and my bitterness is hurting me.
- *I push people away because I'm afraid they will only just hurt me.
- *My temper is out of control.
- *I'm damaging my health by my choices.