

SI for Women

Week 5

“That God is more near, more real and mighty, more full of love, and more ready to help every one of us that any one of us realizes, is the underlying message of the Gospels.”

-David S. Cairns

Reprogramming our Minds! (Rom. 12:1, 2)

- 2 Cor. 10:3-5 (Strongholds)

Discovering Confidence in Christ (See “In Christ”)

- True Identity (not “My name is blank and I’m an alcoholic”)

Embracing Freedom in Christ (Gal. 5:1)

- Free from the Law
- Free from the Past

- Free from Sin

Finding Freedom from the Cycle

- The Sin Cycle
- A Greater Law (grace vs. guilt)
- Breaking Bondage (Internal vs. External)
 - Renounce
 - Commit
 - Reserve

- Importance of Relationships
 - Confession (True Spirituality)
 - Real Intimacy
 - Accountability
- Do Yourself a Favor ☺
 - Feeding vs. Starving
 - This is not Heaven

Discussion Groups

- What seems to be the most important step towards freedom for you?
- Pray for everyone!

HMWK

- Choose accountability person/people (see accountability sheet)
- Talk to accountability person/people. Tell them about where you are at and what you want.
- Make goals (under grace) on starving the flesh and feeding the spirit.
- *Breaking Pornography Addiction* reading