

Freedom Prayer Guide 06—

THE FREEDOM OF WALKING IN THE SPIRIT

GETTING STARTED:

Prior to doing this freedom step, please listen to the following teachings from Antioch Waco's Journey to Freedom teaching series:

- Journey to Freedom: You Can Be Free
- Journey to Freedom: Jesus Came to Heal the Brokenhearted
- Journey to Freedom: The Process of Freedom
- Journey to Freedom: Freedom from Idolatry
- Journey to Freedom: Freedom from Rebellion
- Journey to Freedom: Freedom from Pride
- Journey to Freedom: Freedom from Lies and Deception
- Journey to Freedom: The Freedom of Walking in the Spirit

You can listen to these at <https://antiochwaco.com/series/journey-to-freedom/>

In this Freedom Prayer Guide, we are going to take time to prayerfully:

- Identify areas where we are walking in the flesh
- Break our ties with them and the bondage they bring
- Commit to walking in the Spirit

REVIEW THE TEACHING:

As a discipleship group discuss what you learned from the sermon The Freedom of Walking in the Spirit

Key Scriptures from the Teaching:

- *Galatians 5:13-25* — “For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: “You shall love your neighbor as yourself.” But if you bite and devour one another, watch out that you are not consumed by one another. But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”
- *Romans 8:5* — “For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh

is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, and those who are in the flesh cannot please God.”

- **Romans 5:12** — “Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace. ”

As a reminder, the big ideas shared in the sermons are:

- The “*flesh*” refers to the sinful nature, characterized by self-centeredness and opposition to God.
- The “*Spirit*” refers to the Holy Spirit and the new nature given to believers in Christ.
- “*Walking in the flesh*” bears the poisonous fruit works of sin, spiritual stagnation, and damaged relationships with God and others.
- Walking in the Spirit bears the fruit of Christ-likeness, deepened relationship with God and love toward others.

REMEMBER:

God loves you with an everlasting love (*Jeremiah 31:3*) and is with you (*Hebrews 13:5*). As we go through this freedom prayer experience, we want to encounter God in fresh ways and let Him love us, free us, heal us and transform us (*Revelation 1:4-5*) into people who love Him and love others wholeheartedly (*Mark 12:30-31*).

As we go through each step, be attentive to the Holy Spirit’s leadership and guidance.

Opening Prayer:

Have someone lead out in praying this guided prayer over your group:

Heavenly Father, thank you for the freedom that comes through walking in the Spirit. Please search our hearts, our thoughts and our lives and reveal to us any places we have been walking in the flesh (Galatians 5:16-26).

CONFESS:

A simple working definition of confession is *agreeing with God’s perspective on a topic.*

Scripture gives us a great promise for the power of confession:

- *1 John 1:9*: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
- *Proverbs 28:13*: “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”

During this phase of the freedom journey, we want to turn to God’s Word and God’s Spirit to highlight to us places where we have believed lies, and then we are going to take time to prayerfully confess this.

Walking in the Flesh Inventory:

Prayerfully read over the following list of common areas people walked in the flesh from Galatians 5 and Mark 7.20-23). Ask the Holy Spirit to bring to mind any areas you are or have in the past or are currently walking in the flesh:

- Sexual immorality
- Impurity
- Debauchery;
- Idolatry and witchcraft;
- Hatred
- Discord
- Jealousy
- Fits of rage
- Selfish ambition
- Dissensions
- Factions
- Envy
- Drunkenness
- Orgies
- Theft
- Greed
- Malice
- Deceit
- Lewdness
- Arrogance
- Slander
- Foolishness
- and things like these

Places of Walking in the Flesh:

Take time to write out a list of specific situations that the Spirit is convicting you of walking in flesh.

REPENT:

A working definition of repentance encompasses **experiencing godly sorrow over your sin** (2 Corinthians 7:10), turning away from that sin and turning towards the Lord (1 Thess 1:9), as well as bearing the fruit of genuine change (Matt. 3:8). The Lord extends mercy and forgiveness to the repentant (Isaiah 55:7).

After everyone has prayerfully considered the Walking in the Flesh Inventory, bring the group back together and cast vision for how to respond.

As we have identified lies that have walked in the flesh in our past, or that we currently struggle with, we have an opportunity to experience the freeing power of Jesus as we confess and repent of these places of sin, and humble ourselves before the Lord.

God's Word gives us great encouragement about the power of repentance:

- 2 Corinthians 7:10 (NIV): "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."
- Acts 3:19 (NIV): "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."
- 2 Chronicles 7:14 (NIV): "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

As we confess our sins and repent of them (forsake them) we will find fresh mercy, healing, forgiveness and cleansing in our lives and times of refreshing from God's Spirit.

Use your inventory above and the guided prayer below to confess and repent of walking in the flesh and receive the forgiveness and cleansing power of Jesus.

Guided Prayer of Confession, Repentance and Receiving Forgiveness:

*Lord, I confess I have walked in the flesh in the following ways _____
_____. I repent of living this way and renounce any ground that the enemy
has taken in my life through walking in the flesh. Thank you for the power of your blood
that washes me clean and your Spirit that fills me and grows the fruits of love, joy, peace,
patience, kindness, goodness, gentleness, faithfulness and self control in my life.*

REPLACE:

Repentance leads to sin being replaced with new life, healing and renewal.

Often, our places of walking in the flesh masks places where we have been hurt in the past. As we release these lies, Jesus wants to replace it with healing for our broken hearts (Luke 4.18) that we might live out our calling to walk in his Spirit

Use this guided prayer to receive a fresh healing in the place of our pain, shame and fear

Jesus, thank you that you see me. As I humble myself before you, I open up my heart and life to you in a fresh way and ask for you to heal my heart.

Take time to sit in silence for 1-2 minutes and listen to the Lord. Pay attention to what you sense the Holy Spirit doing in you and speaking to you during this time.

After a minute or two have each person in the group share what they sense the Spirit speaking or doing in them.

RESTORE:

As we move forward commit to meditating on this Scripture every day over the next week:

Galatians 5:16

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law. Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.”