



Many people live their lives
feeling they are trapped in some way.
And it's possible to be trapped without even realising it.

But God has the solution
and He's made freedom possible through Jesus.

If you feel trapped or want to find out more about
the freedom God has for you,
this booklet is for you.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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**FREE
INDEED!**



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'Free Indeed!'
by
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Life in Jesus

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and all He has done and won for us
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Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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done to give you freedom stands forever and is binding. God will never remove it. Even if you walk away from it, it will always be there for you to come back into. That's real freedom! Enjoy!

Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *'If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.'* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you've done that sincerely, you are now born-again and Jesus has come to live in you. Everything you've ever done wrong or ever will do wrong is forgiven, and after this life is over, you'll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God's love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

FREE INDEED!

As I write this booklet I'm reading a series of Christian novels about the end of slavery in America. The main character, a slave girl, finds out that she is free sometime after it was officially declared. It takes her a while to get her head round it. She walks down a road and comes to a junction with a signpost and suddenly realises that she is free to choose which way to go. The reality of her freedom suddenly hits home. That's what God wants for everyone. He wants them to be free to be able to choose the best life. And He's made it possible.

In a Trap

So many people are trapped. Sometimes the trap is of their own making, but it can be the result of circumstances beyond their control. They could be trapped because of where they live or because of the actions of other people. Sometimes it is obvious that they are trapped if they are addicted to drugs, alcohol, pornography or gambling etc. But there are many other traps which aren't so obvious and which the person themselves doesn't necessarily realise is a trap. Here are some of them:

- Holding a grudge against someone
- Having a poor self-image
- Being driven to always perform to a high standard
- Feeling they have to go through religious rituals to reach God
- Sickness
- Selfishness
- Having to have the latest and the best
- Fanatical following of a sports team or a celebrity
- Being unable to cope with silence

- Being addicted to technology
- Being driven to please others
- Jealousy
- Being stuck in ways of thinking or acting which can't be changed
- Guilt
- Sin – the Bible's word for doing, saying and thinking wrong things

2 Peter 2:19 says – *'a man is brought into bondage by whoever overcomes him.'* If you let something or someone control you, or if someone else forces you to do things their way, you are in bondage to them. When you get caught up in things or situations which end up controlling you, you are trapped.

God's Solution

If you realise you are in a trap, don't despair – God can set you free. Nothing is impossible to Him. In Luke 4:18 Jesus said that God had sent Him – *'to proclaim release to the captives.'* Isn't that wonderful news! That's why Jesus came – to set you free. God doesn't put you in a situation which traps you. You might be trapped because of wrong choices you have made or through something beyond your control. The devil can set traps and He will try to keep people in them however they got into them. But Jesus destroyed the works of the devil as He died on the Cross. If you have made Jesus your Lord and Saviour, what the Bible calls being born-again, the devil doesn't have the right to trap you anymore – he can only do what you allow him to do. In John 10:10 Jesus says that the devil – *'only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly.'*

But remember - God loves you. If you fall back into old ways, turn away from them as soon as you realise. Tell God you got it wrong and receive the forgiveness Jesus won for you. Put it behind you and walk on again, standing firm in your freedom.

God's Word

Just agreeing with all this won't help you to walk in freedom, but believing it and choosing to base your life on it will. And the reason is that I have based it all on what the Bible says – God's Word. Jesus said something amazing in John 8:31-32 – *'If you remain in my word, then you are truly my disciples. You will know the truth, and the truth will make you free.'* Base your life on the Word of God and you will start to understand more and more of the truth, and each understanding will help you step further into the freedom Jesus has won for you.

God's Word is truth and as you trust it and walk in it, it sets you free. But be aware, this isn't a technical exercise. There are people who have studied the Bible for many years in great depth and got degrees to show for it, but who don't know the truth because they haven't believed it and taken hold of it personally. It's not simply the truth that sets you free, it's the truth you know and believe and live by.

Free Indeed!

Jesus said in John 8:36 – *'If therefore the Son makes you free, you will be free indeed.'* The word 'indeed' was originally two words - 'in deed'. A deed is something that has been done – an action. Your freedom isn't just a technical freedom, it is actual freedom based on what Jesus has done as He died for you. A deed can also be a legally binding document. What Jesus has

to know that God has changed you and you are His special beloved child.

You are free to praise God and worship Him without any feeling of unworthiness. You are free to understand the spiritual meaning of the Bible. You are free to hear God talking to you through the Bible and through His voice in your heart.

You are free to live without fear. God wants you to live in peace, no matter what's going on around you, and He's made it possible. You are now God's special child and there is no need for fear anymore. You are also free to live without bitterness. Forgiving someone isn't always easy but you are now free to do it. You are free to live without anxiety. God has promised to give you everything you need. And he has the solution to every problem in your life.

You are free to live the wonderful life God wants for you and to do the things He wants you to do. You are free to say 'no' to sin and 'yes' to what is right. You are free to live life to the full. You are free to become the person God wants you to be.

Stand Firm

Make a decision to believe you are free and determine not to be swayed from it. Galatians 5:1 says – '*Stand firm then in the liberty by which Christ has made us free, and don't be entangled again with a yoke of bondage.*' The second part of the verse is really important too. You are free, but you can walk back into the traps. Look back at the list of traps and decide not to go back into any of those ways of thinking again. If some of them ring alarm bells with you, God is showing you where you may be weak, so you can be on your guard. There may be other traps not on the list which you need to be careful about.

Jesus died as punishment for everyone's sin, past, present and future. God is fair and sin must be punished, but He doesn't want to punish you. He loves you so much. So Jesus suffered the punishment instead as he died on the Cross. Jesus has won your forgiveness, your healing and your freedom and all you have to do is believe it and receive it for yourself. God has done it all, but you have to take it on board for yourself. You have to believe and accept what God has done for you through Jesus and then decide to believe you are free and live your life in that freedom. But none of this is going to be reality for you if you haven't been born-again. If you want real freedom, there is no other way. (To read about being born-again go to the end of this booklet.)

Free From the Hold of Sin

When God first made people, He made them to be good. But they started to sin. Ever since then everyone has been born with a tendency to sin. You never have to teach children to be naughty – they manage that all by themselves! But you do have to teach them to be good. So everyone is born with this nature which draws them to sin. When you were born-again God did away with your old sinful nature and gave you a new nature which draws you to doing right. So now, sin no longer has a hold over you – you are free to be able to say 'no'. You can still sin, but you are free to choose not to. Romans 6:11 says – '*consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord.*' You have to believe that you're dead to the hold of sin and believe that you're alive in Jesus. Just like that slave girl, when you come to a crossroads you're free to choose which way to go and instead of being drawn to take the wrong road as before, you're now drawn to take the right road.

It isn't always easy, but God has given you a weapon to use to fight temptation. Ephesians 6:17 describes it as – *'the sword of the Spirit, which is the word of God.'* That's the Bible – God's Word. And 2 Corinthians 10:5 says to use it by – *'throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.'* When you're tempted to sin, stop and say out loud that you are free from the hold of sin because you belong to Jesus. Say relevant Bible verses out loud. For example John 8:36 where Jesus said – *'If therefore the Son (Jesus) makes you free, you will be free indeed.'* Turn your thoughts away from the temptation and onto Jesus. If it's difficult, start to praise Him. Singing praise songs always helps.

Turn away from the Trap

To walk in freedom you need to walk away from the things which have trapped you as far as is possible. For example, if you carry on holding a grudge against someone you will still be trapped. To be free you need to forgive that person before God in your heart. Don't wait to feel like it – just do it. You may have to do it over and over, but keep on – it's the way of freedom. Turn away from habits and things which control you. Ask God to help you and He will, but He won't force you – you have to do it. If there's something you've been involved in which feels too difficult to deal with, go to a trusted Christian friend and ask for help. Sometimes people need help to walk into freedom.

Even If

Some traps are not easy to turn away from. Even if you are still struggling with addiction or sickness or an abusive relationship, you can still change the way you think from one of victim to one

of freedom. The Bible tells of Paul and Silas who were arrested for their faith. Acts 16:22-24 says – *'The magistrates tore their clothes from them, then commanded them to be beaten with rods. When they had laid many stripes on them, they threw them into prison, charging the jailer to keep them safely, who ... threw them into the inner prison, and secured their feet in the stocks.'* Anyone looking at Paul and Silas would say they were trapped, but here's what happened in Acts 16:25-26 – *'Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened, and everyone's bonds were loosened.'* Paul and Silas were physically trapped, but in their hearts they were free, so they acted as free and God set them free physically.

Nothing and no-one can alter the fact that, if you are born-again, you are free in your spirit. Declare this out loud, building yourself up by speaking God's truth. And determine to live your life knowing that you are spiritually free, even in the middle of difficulties.

Free to –

Jesus hasn't set you free to just live any way you want. You can choose to do that, but you'll soon be in another trap. Jesus has set you free to live the best possible life – the one which will please Him and which you'll find the most enjoyable, fulfilling and rewarding. Sounds good!

As a born-again Christian, you are now free to love God and Jesus without fear, guilt or doubt. You are free to love other people without fear or jealousy. You are free to love yourself –