

# How to Be Free

## Turn Around - Day 2

***Tell yourself, "That's not who I am anymore!"***

Have you ever struggled with a particular area in your life that you just can't seem to beat? Maybe it's trying to eat healthy and cut out sugar from your diet. Maybe it's a relationship that just feels so bad for you, but you keep landing in the same position over and over again with this person. Or, maybe it's losing your temper. You know what it is that you want to do, but you just keep doing what you don't want to do. The result of prolonged seasons of struggle like this, is that we often begin to feel as though this is just who we are – change isn't really possible.

If you have ever felt this way before odds are you are a human being. All of us struggle in different seasons of life. The good news is that while the world and culture around us may find sin and struggle to be a normal and acceptable way of life, we have been given another way to live through Jesus Christ. Not only, did he defeat our struggle with sin once and for all at the Cross, but he has empowered us to live and share in the fullness of his Kingdom right here and right now. *Romans 6:8-11 (TPT)* says, “*And if we were co-crucified with the Anointed One, we know that we will also share in the fullness of his life. And we know that since the Anointed One has been raised from the dead to die no more, his resurrection life has vanquished death and its power over him is finished. For by his sacrifice he died to sin's power once and for all, but he now lives continuously for the Father's pleasure. So let it be the same way with you! Since you are now joined with him, you must continually view yourselves as dead and unresponsive to sin's appeal while living daily for God's pleasure in union with Jesus, the Anointed One!*”

In other words, for those of us who have accepted Jesus into our hearts and made him the Lord of our life, sin, and its entanglements, no longer have power over us!

**As you are thinking about areas of struggle with sin in your life, remember the following:**

- Sin's reign of power over you is over!
- You are free to remind yourself “That's not who I am anymore!”
- God has empowered you with self-control through the Holy Spirit to refrain from sin and choose freedom!