

ONE STEP TO FREEDOM: CHAPTER 1: Planning For Victory

Lesson 1: A PLAN FOR VICTORY

“But thanks be to God, who gives us the victory through our Lord Jesus Christ” (1 Corinthians 15:57).

The One Step To Freedom Bible study will help a believer in Jesus Christ to overcome sin by learning principles from God’s Word that leads to restoration and wholeness.

1.) First, repent of your sin. Begin today by making a daily commitment in seeking God’s will for your life and trusting Him.

***Repent: 1 John 1:9 (NKJV) ⁹ If we confess/repent our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.**

***Seek: Matthew 6:33: But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

***Trust: Psalms 18:30 (AMP)³⁰ As for God, His way is perfect! The word of the Lord is tested *and* tried; He is a shield to all those who take refuge *and* put their trust in Him.**

2.) Examine your lifestyle. Pray and ask God to pinpoint your problems and issues.

***prayer- Psalms 139:23-24 (AMP) ²³ Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there is any wicked *or* hurtful way in me, and lead me in the way everlasting.**

***Practical application- examine yourself by reading the word of God:**

Hebrews 4:12 (AMP) ¹² For the word of God is living and active *and* full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing *and* judging the very thoughts and intentions of the heart.

3.) Work closely with the Pastors at this Bible study. They are here to help and encourage you on difficult days, especially when you feel tempted to sin. Call, text or e-mail frequently for prayer:

Proverbs 11:14: Where there is no counsel, the people fall; but in the multitude of counselors there is safety.

Proverbs 15:22. (KJV)²² Without counsel purposes are disappointed: but in the multitude of counsellors they are established.

4.) *Stop associating with companions who may tempt you into sin:*

1 Corinthians 15:33 Do not be deceived: “Evil company corrupts good habits.”

Ephesians 5:6-7 (AMP) ⁶ Let no one deceive you with empty arguments [that encourage you to sin], for because of these things the wrath of God comes upon the sons of disobedience [those who habitually sin]. ⁷ So do not participate or even associate with them [in the rebelliousness of sin].

Proverbs 13:20²⁰ (AMP) He who walks as a companion with wise men will be wise, But the companions of conceited, dull-witted fools, are fools themselves and will experience harm.

Practical application;* **Proverbs 1:10 (NKJV) ¹⁰ My son, if sinners entice you, Do not consent.

Psalms 119:115 (NKJV) ¹¹⁵ Depart from me, you evildoers, For I will keep the commandments of my God!

**God`s further instruction on the matter:*

2 Corinthians 6:14-18 (NKJV) ¹⁴ Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? ¹⁵ And what accord has Christ with Belial? Or what part has a believer with an unbeliever? ¹⁶ And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: “I will dwell in them And walk among *them*. I will be their God, And they shall be My people.”¹⁷ Therefore “Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you.”¹⁸ “I will be Father to you, And you shall be My sons and daughters, Says The Lord Almighty.

5.) *Develop friendships that will encourage you to grow in your faith. Your whole life may need to be restructured, but God`s desire is that you be built up in the knowledge of Him; and this includes good fellowship with other believers.*

2 Timothy 2:22 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Psalms 119:63 (NKJV) ⁶³ I *am* a companion of all who fear You, And of those who keep Your precepts.

Hebrews 10:24-25 (AMP)²⁴ and let us consider how we may encourage one another to love and good deeds, ²⁵ not forsaking our meeting together as believers for worship and instruction, as is the habit of some, but encouraging *one another*; and all the more faithfully as you see the day of Christ`s return approaching.

6.) *Grow in the Lord. This includes a meaningful commitment to daily Bible study, prayer, and consistent church attendance. This is how you become strong in the Lord. If you lack desire in these areas, ask the Lord to change your heart*

***Grow; Psalm 1:2-3(NKJV) But his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.**

***Prayer; - Psalm 51:10(AMP) ¹⁰ Create in me a clean heart, O God, And renew a right *and* steadfast spirit within me.**

***Consistent church attendance; Hebrews 10:24-25 (NKJV) ²⁴ And let us consider one another in order to stir up love and good works, ²⁵ not forsaking the assembling of ourselves together, as is the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.**

6.) *Submit to God's will for your life. As you do, He will pour out His Holy Spirit into your heart and empower you to overcome the temptation to sin. It is in this kind of commitment that God is glorified in our lives, and we begin to truly understand His incredible, perfect love for us and His purpose for creating us.*

Submit: James 4:7 (NKJV) ⁷ Therefore submit to God. Resist the devil and he will flee from you.

Submission comes with humility:

1 Peter 5:6-7 (NKJV) ⁶ Therefore humble/submit yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.

** Submit by abiding:*

John 15:5 (Jesus said) "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

John 8:31-32 (NKJV) ³¹ Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. ³² And you shall know the truth, and the truth shall make you free."

**because and effect:*

Psalm 119:45 (KJV) (effect) ⁴⁵ And I will walk at liberty (in freedom): for (because) I seek thy precepts.

**Admonition:*

Romans 12:1(NKJV) I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.*

1 Corinthians 6:19-20 (AMP) ¹⁹ Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? ²⁰ You were bought with a price [you were purchased with the precious blood of Jesus and made His own]. So then, honor *and* glorify God with your body.

**Practical instruction and application:*

Galatians 5:16 (NKJV) ¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

Begin to apply these guidelines today. By the grace of God, you can be honest before the Lord and learn principles from His Word, which will transform your thinking and help you see life from His perspective. As you truly trust in Jesus, you will have victory.

**The transforming word of God:*

Psalms 19:7-11 (NKJV) ⁷ The law of the LORD *is* perfect, converting the soul; The testimony of the LORD *is* sure, making wise the simple; ⁸ The statutes of The Lord *are* right, rejoicing the heart; The commandment of the LORD *is* pure, enlightening the eyes; ⁹ The fear of the LORD *is* clean, enduring forever; The judgments of the LORD *are* true and righteous altogether. ¹⁰ More to be desired *are they* than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. ¹¹ Moreover by them Your servant is warned, *And* in keeping them *there is* great reward.

**Practical application:*

Proverbs 3:5-7 (NKJV) ⁵ Trust in the LORD with all your heart, And lean not on your own understanding; ⁶ In all your ways acknowledge Him, And He shall direct your paths.