



## *Breaking the Chains That Bind*



The chains that bind us are unpleasant memories. Unseen but more powerful than any chains of iron, they have the power to render us prisoners in our minds.



The links of these chains are guilt over sexual sins of the past, pain over mistreatment and unfair losses, sorrow and resentment over broken relationships, fear of being hurt, lack of self-confidence, doubt and unbelief in God, and sins of unforgiveness and bitterness.

If our minds are bound by these chains, our thoughts will be also, and since every action we take and every decision we make begins with a thought, our actions and decisions can be distorted by the chains of past memories.

We have all heard the term “a guilty conscience.” Conscience is a very interesting word. It means to be our own witness to our moral consciousness in our relationship to God and His laws.

In other words our conscience is our judge. If it finds us guilty of violating what we know to be God’s commandments, then we have a guilty conscience. Memories of the wrong things we did, that our conscience convicts us of, become the chains that bind us and cause us to punish ourselves by thinking badly about ourselves.

Because we see ourselves as guilty, we think God is angry with us. But that is not true. The Bible tells us that Jesus, by the shedding of His blood on the cross at Calvary entered into the holy presence of God, and obtained eternal redemption for us by that blood to purge and cleanse our conscience from guilt over dead works, to serve the living God. (Heb. 9:12-14)



Jesus broke the chains that bind. Even before His death on the cross He gave forgiveness for sin. In John 4, Jesus forgave a woman who was living in sin with a man who was not her husband. In John 8, a woman was taken in the sexual act of adultery, yet Jesus said, “Neither do I condemn you.”

When we have sinned, we tend to think our sin is worse than anyone else’s, and we’re not as good as they are; therefore, God doesn’t love us. That makes God very small and unforgiving.

When Jesus entered into the presence of God with the blood for our forgiveness, He made a new and living way for us to enter into the presence of God through His flesh sacrificed on Calvary for our sins, that we may draw near to God with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water through baptism. Let us hold fast and keep in our memory the confession of our faith without wavering; for He is faithful that promised. (Heb. 10:17-23)



Your mind cannot erase those memories that bind, but it can deliberately choose not to remember them or think about them, condemning yourself to a mental prison; but instead, having a good conscience – letting it be your guide in making decisions and protecting you from immorality and ungodliness, walking in beauty and holiness, cleansed from all evil, being an example in love, faith and purity, living in righteousness.

We cannot obtain righteousness by just trying to be good, for all righteousness is from Jesus. He is our righteousness. Jesus placed a robe of righteousness on us when our spirit was born again and no person, sin or circumstance can take it off of our shoulders. It is the fulfillment of the law of God. *“For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.”* Romans 8:2



## *Breaking the Chains That Bind*

1. What are the chains that bind us?

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2. Where do they bind us?

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3. What can be distorted by these memory chains?

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4. What makes our conscience guilty?

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5. What is the only thing that will cleanse a guilty conscience?

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6. How did Jesus make a way for us to enter the presence of God?

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7. How do we stop thinking about those memories that bind us?

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8. What does a good conscience do?

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9. Where does righteousness come from?

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10. What is righteousness?

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11. What does God's law do? (Romans 8:2)  
(The answer to this question will be your memory verse)

MEMORY VERSE \_\_\_\_\_

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## *Breaking the Chains That Bind*

1. What are the chains that bind us?

Unpleasant memories.

2. Where do they bind us?

They make us prisoners in our minds.

3. What can be distorted by these memory chains?

Every action we take and every thought.

4. What makes our conscience guilty?

Violating what we know to be God's commandments.

5. What is the only thing that will cleanse a guilty conscience?

The blood of Jesus shed on the cross at Calvary.

6. How did Jesus make a way for us to enter the presence of God?

Through His flesh when He sacrificed His body on the cross for our sins.

7. How do we stop thinking about those memories that bind us?

By deliberately choosing not to remember and think about them.

8. What does a good conscience do?

Guide in making decisions and protect from immorality and ungodliness.

9. Where does righteousness come from?

Jesus! He is our righteousness.

10. What is righteousness?

It is the fulfillment of the law of God.

11. What does God's law do? (Romans 8:2)

MEMORY VERSE *"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."*