

Chapter 1 : 5 Fear Factors to Set You Free – New Life

This book describes five simple ideas which can help you achieve that kind of freedom. The formula for happiness outlined here is based on secrets to happiness which have been taught by great thinkers around the world and throughout the ages.

It can be a confusing world and even the most important things in life can be confusing. God wanted them to be free and He was going to use this letter from Paul. The churches in Galatia were being confused by these guys, called Judaizers. A few years before this letter was written the Apostle Paul and Barnabas had gone on a missionary journey and planted or started some new churches – they were the first to spread the message of Christ to the Gentiles non-Jews. They traveled thru Asia Minor what today we call Turkey. After they left each city where this new faith that one day would be called Christianity was introduced some men, Jewish men, came into the new church and told them that since Jesus was a Jew, and followed all of the Mosaic Law, then they too should follow it. Everything must be done the way we do them. There is a lot of teaching in these letters – Sound doctrine and practical living. In chpt 5 begins some practical advice from Paul. He gives us 5 ways to set us free. Stand Firm in the Faith of Christ vs. This first point sounds like an oxymoron from the sermon title, but it is not and let me explain why it is not. That is what the new Christians in Galatia were doing. They were tricked by the judaizers to go back to those old traditions. So Paul writes to them and gives them the command to stand firm in the faith of Christ. At the heart of what the Judiaizers were teaching was a works based salvation. This is what every man made religion teaches. Here they were teaching that circumcision was necessary. The Jews were often referred to as the circumcised. This was their most distinctive outward mark and for many Jews it became a symbol of pride. Often they no longer viewed it as a God given symbol of His covenant promise Gen Instead most Jews looked at it as having some spiritual value in itself. A stamp of approval. On the other hand what Paul taught was that the work of Christ is entirely sufficient. He paid it all for you and I. That is the biggest problem with any works-based salvation; it teaches that something must be done on the part of the believer in order to received the blessing, the gift of salvation. If you insist on following one portion of the Law then you must follow it all. Therefore, if part of the law falls short of His standard then salvation is forfeited. Even if a person were somehow able to keep all of the law for all of his life, if he broke a commandment during his last minute on earth, he would forfeit salvation. Or if he managed to keep all of the laws perfectly except one, he would suffer the same fate – no salvation.

With one of the largest book inventories in the world, find the book you are looking for. To help, we provided some of our favorites. With an active marketplace of over million items, use the Alibris Advanced Search Page to find any item you are looking for. Through the Advanced Search Page, you.

Forgiveness is the only way to dissolve that link and get free. Out of nowhere, she just stopped talking to me. I tried relentlessly to reconnect, but she stopped responding and never gave me an answer why. For years it was the most painful heartbreak I had going in my life. And it haunted me until I decided to forgive her. Forgiveness sounded ludicrous to me at first, but eventually, the pain of carrying the grudge seemed like it might be worse than the pain of setting it down. I heard a number of people in my life, including one of my yoga teachers, talk about the power of forgiveness. I became curious about what acceptance and non-attachment could look like with someone who had really hurt me. It took months after deciding that I wanted to forgive. Until one night, I was ready. I drafted the email, did a small amount of Internet stalking, and sent it. I apologized for my role in the breakdown of our friendship, offered my forgiveness, and wished her well. I gave her the best last gift I could: What surprised me was what I gained in the process. Space and quiet Forgiving gives us the space and quiet to invest in new people and nourishing ideas. Once I let go , I stopped spinning the story in my mind over and over. Self-compassion When I forgave my friend, I was also able to forgive myself for some past mistakes. Forgiveness requires practice, like anything else. If I could let go of my greatest hurt, I could surely offer that same reprieve to myself. I know that offering myself compassion and then moving on from the situation is not only possible but much more loving. I live in my relationships more presently. I trust in my friends. It took me a long time to get there, but forgiveness gave me back that capacity to trust in the people around me. By letting go of bitterness and cynicism, you too will be better able to trust in others again. Perspective When I created the conditions for forgiveness and resolution, I was able to see our relationship clearly. I could also see the places where I was responsible and can now address those tendencies. I also could see that the hurt was a relatively small part of our relationship. Most of it was filled with laughter, and being able to see that has been very healing. Forgiveness allows us to appreciate the good, without the lens of resentment over it. I also appreciate the preciousness of my new friendships and make a greater effort to actively nurture them. Forgiveness gives us the opportunity to recognize and appreciate that. But, if you are interested in exploring what forgiveness might mean in your circumstance, I invite you to get quiet first. Cultivate a little bit of compassion for yourself, foremost, and meet this undertaking with curiosity rather than an outcome in mind. What could that forgiveness look like? What might pave the way for forgiveness to be possible? Ultimately, forgiveness takes a lot of non-attachment: The process and it can be a long process and the act of forgiveness are what matter here. While I never heard back from this former friend, that felt surprisingly okay. So I did, and that was that. Not having to carry that grudge has been a huge gift to me. And that I get to choose to be free. She is the author of *Setting Gratitude Free* , and has created a free mini-workbook to de-overwhelm your life, called *Crafting Your Year*. In her free time, she enjoys frolicking in redwoods and soaking in hot springs. She makes her online home at [ChristyTending](#).

Chapter 3 : 5 Ways To Set You Free Sermon by Danny Rogers, Galatians - blog.quintoapp.com

let the sea set you free // printable Ocean Quote / Sea, Beach Quotes. Find this Pin and more on For the Home by Allie Burgess. There's something very healing about water. give me an ocean, river, lake or beach and the worries if the world slip away.

Truth is the only antivenin for the poison that lies pour in to our lives. And Christ is the ultimate truth speaker. He is able to deliver us from the bondage that is the result of believing lies. His Word is the remedy. By studying His Word, we are able to find freedom and to be truly set free. In our newsletter we promised to post seventeen truths to set you free here on the website. This is the beginning of the fulfillment of that promise. Often our feelings are deceiving. We may feel alone, or unloved, or anxious, but the truth is that God is able to handle all of our emotions and circumstances. His Word provides the truth we need to combat lies in our lives.

Truth 1 God is good. This lie seems to be confirmed after just a few moments of watching the news or reading the newspaper. But the truth is that God is good. His Word makes this clear. He has always been good. He will always be good. Despite our circumstances, He remains a good and loving God. He is able to provide good things for us, even when our world is spinning in a direction that makes us dizzy. He is the Giver of peace and comfort and wisdom. He gives us good and perfect gifts. When we are tempted to fall for the lie that He is not good, we can rest in this truth. Under what circumstances are you most tempted to entertain the idea that God is not a good God? Can you think of examples from your own life that prove that He is good and that He is the provider of good things? The truth is that we should not be the primary focus of our lives and our circumstances. It is not about us, it is about Christ. To him be the glory forever. How is this different from the messages the World offers about the purpose of our lives? How does it change the way you view your circumstances to see them as tool to point toward Christ? Truth 3 God loves me and wants me to have His best. Are there times in your life when you feel far from God? Does it ever seem like He is hard to reach? Do you ever struggle with a pattern of sin that seems impossible to break? During those times, do you wonder if God really loves you? After all, I am a Christian girl, involved in my church and active in ministry. But, there are times when I wonder if God really loves me. I am so small and He is so big. Whoever lives in love lives in God, and God in him. In this way, love is made complete among us so that we will have confidence on the day of judgment, because in the world we are like him. There is not fear in love but perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us. How could embracing this truth change your life? Truth 4 God created me a masterpiece. Do you have fat days? Are the times when you look in the mirror and wonder what God was thinking when he gave you that nose or that skin or that hair? Do you acknowledge that God did great work when he created sunsets and seashores, but secretly wonder what He was thinking when He crafted you? As girls we are especially prone to believe the lie that our appearance is flawed. We are prone to believing lies that we are ugly or fat or supposed to look like someone other than ourselves. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. The description of your creation includes words like fearfully and wonderfully. You are the wonderful work of a loving God. Do you know that? Do you know it full well? Why do you think that as young women we are so prone to struggling with the idea that how we look is wonderful and purposeful? What are the consequences of believing otherwise in your life? We have a limited view of our lives. As a result, it can be tempting to become overwhelmed by a problem we are facing and begin to feel like it is more than we can handle. He is able to provide all that we need to handle every situation. Are you able to rest in this promise or do you find it difficult to let go of your anxiety? Are there specific areas of struggle or bondage in your life that can be addressed by one of these five truths? We hope that you will write about your experiences so that others can gain encouragement and strength. She is the author of several books and a frequent speaker and blogger to women of all ages. Erin lives on a small farm in the midwest with her husband and kids.

Chapter 4 : 5 myths holding Zimbabwean entrepreneurs back, technology will set you free

He gives us 5 ways to set us free. 1. Stand Firm in the Faith of Christ (vs.). This first point sounds like an oxymoron from the sermon title, but it is not and let me explain why it is not.

In addition, you may need to take some important specific steps to subdue any fears of being out of control. When you recognize the icy fingers of fear digging into your shoulder, here are five practical strategies you can consider. Face Your Fear – You need to open your locked closet and let the sunlight in. The fear of your fear can sometimes be the biggest problem you face. As you read the following chapters, you will find many different approaches to getting honest with yourself about your feelings. Taking a peek into your dark attic can be one of your most important steps toward sound mental health. Set Boundaries – Learn to say no! Their Boundaries series Boundaries with Kids, Boundaries in Marriage has helped millions of people both directly and indirectly. In the books, the doctors make the point that everyone needs to set parameters. Creating limits keeps us out of the places where destructiveness happens. Learning to say no is one of the most important boundaries that will keep us out of harms way. Many people find this change to be a particularly difficult step because they have become conditioned to saying yes to every request. Refusing feels inconsiderate or impertinent. Consequently these victims go from problem to problem without realizing that they keep opening the door to their own difficulties. And the fear of disappointing someone controls them. Consider Insight-Oriented Therapy – We must learn to face and resolve old losses and stresses. Often we need help in working through these unresolved issues. Feel strong for asking for it. Plans fail for lack of counsel, but with many advisers they succeed Prov. Professional help can make all the difference in getting to the bottom of our fears. Consider Medication – In the right combinations, medications work nearly percent of the time. While most of the people who seek professional help are able to overcome their fears through counseling alone, many times panic-stricken patients need a physiological, chemical change that will enable them to resolve their fear-related issues. Meier recognizes that spiritual issues often lie behind the cause of apprehension, and patients must deal with these in conjunction with medication if they are going to become totally whole. He insists that people see a good Christian counselor and not just expect a quick fix from taking a pill. People give many reasons for not considering medication. They only needed to humble themselves enough to take it. Connect – We need to be connected to God and His people. Unconditional love is healing and will help us maintain perspective. New hope and direction can come from establishing positive relationships with people to whom we can confess our fears. Sometimes we have missed the reasons why we feel so disconnected and alienated. Exploring the strained relationships of the past can cut these unhealthy ties. You may need to spend time looking at what destroyed your past relationships. Most important of all is to come into a new, intimate relationship with our heavenly Father. A revived relationship with Jesus Christ can add the power and opportunity needed to reconnect with people and God – and to face fear. He is the ultimate, healing connection. We want to be a source of hope and encouragement for you. Additional helpful resources are available through New Life Ministries. We all have struggles in life; struggles with addictions, food, depression, anxiety, and relationships to name a few. But we approach recovery from different angles. Some want a formal recovery meeting with a traditional recovery experience. Others want a recovery experience in a small informal group, or in an existing group they are already comfortable with at their church. And some may prefer learning about recovery at their own pace before jumping into a group or meeting experience. This is the beauty of Life Recovery.

Chapter 5 : 5 Fear Factors to Set You Free

In our newsletter we promised to post seventeen truths to set you free here on the website. This is the beginning of the fulfillment of that promise. This week, we will examine five truths taken from God's Word that have the power to challenge, heal, and deliver you.

Connect With Your Inspiration What made you want get serious about this experiment? Did you watch acrylic pouring videos and read chats? Did you already own some paints? How did they do that? Whatever drew you to pouring or inspired you will directly affect your creative process. Each pour will have its own personality. Remind yourself often of this. You may follow a recipe to the letter, and achieve VERY different results than the original creator. Remember that undesired outcomes can actually contribute to the evolution of discovering your personal process. Temperatures Viscosity of paints and other elements in your mixture Most important, your mood What is your mood as you go in to paint? Are you angry or frustrated? Are you just feeling massive amounts of love? Click To Tweet Take this into consideration when stepping in to create, especially if you like to do multiple pours at once or are limited on resources and really want to make the most of the supplies you have. If you find yourself pouring one or more canvases and are unhappy with the results, STEP. Take a break to re-evaluate. Depending on the medium, amount of products used, and the environment, your work may change quite a lot. Knowing when to say when is important. Overworking a piece can lead to less than desirable results. But you may not know what overworking means until you experience it. Sometimes you may be pleasantly surprised with your results, and other times you may want to throw it all in the trash. When that happens, step away for a day and let your body process the process. Connect With Your Breath and Let Go of Expectations Sometimes you follow a recipe exactly and the outcome is not even close to what you wanted. When that happens, take a moment and breathe. The brain is able to absorb amazing amounts of information that we may not pick up consciously. Taking a break and allowing yourself to just breathe lets that process take shape. Before you mix another cup of paint, just stop. Let go of expectations, and inquire into yourself. What is it you are trying to do here? How does your body feel? Are you excited or tense? Oftentimes, those new to pouring have some underlying fear. Or maybe you struggle to trust your instincts about color combinations. Stop and listen to that. Those are all valid feelings. Layers can be our friends. Remember That Paintings Are Just Emotions on Canvas Each painting is an unspoken feeling, manifested in the material world through puddles of paint. When we paint without acknowledging the emotions we bring to the process, we deny the full degree of creative energy available to us. Each painting is an unspoken feeling, manifested in the material world through puddles of paint. Some of the greatest art, and greatest pours, are made in anger and frustration. Jackson Pollock was notoriously manic when he was working, and you can feel that energy when you look at his paintings. Leave your expectations at the door and try approaching your next piece as an experiment in color, medium, and feeling. So put on your lab coat and get to the experiment. Accept that this process is sometimes hit or miss. When you walk in to paint, dig deep and get in touch with your immediate feelings. Think of your feelings as mediums unto themselves. For example, I love to correlate color to the emotions I am feeling at the moment. Lighter colors mean lighter feelings for me. Darker colors equal depressive feelings. Vibrant colors can represent a manic feeling, or an explosive emotion like anger. Neons feel youthful, pastels peaceful. You do you when it comes to feeling that part out. Remember that with each piece you pour, you are literally creating a piece of yourself. Instead, channel them into your work. When you create this way you will see your art evolve, and your individual voice will begin to speak brilliantly. Eventually you will get a strong grasp on your unique artistic voice. The key is to not beat yourself up about it. Remind yourself why you invested in this often glorious, at times frustrating, experiment. Styles change over time! but the unique voice always finds a way to make itself known. Food is art; architecture and fashion design are art. Folding a fitted sheet properly is freaking art. Honor what you are good at and use it in your process. Be bold, throw caution to the wind, and let your personality bleed into the paint. Remember that your voice will eventually come through. Remember to always drop your expectations at the door. Remember to always drop your expectations at the door, your voice will eventually come through. This is information I have

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been yearning to share with people for over a decade, and it excites me and inspires me to finally have that opportunity. Now get out there, make some art, and enjoy yourself!

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5 Fear Factors to Set You Free. Previous Next. Knowing the symptoms and some of the body's reactions will help you become more realistic about your fears. In.

In addition, you may need to take some important specific steps to subdue any fears of being out of control. When you recognize the icy fingers of fear digging into your shoulder, here are five practical strategies you can consider. Face Your Fear – You need to open your locked closet and let the sunlight in. The fear of your fear can sometimes be the biggest problem you face. There are many different approaches to getting honest with yourself about your feelings. Taking a peek into your dark attic can be one of your most important steps toward sound mental health. Set Boundaries – Learn to say no! Their Boundaries series Boundaries in Dating, Boundaries with Kids, Boundaries in Marriage, Boundaries with Teens has helped millions of people both directly and indirectly. In this series, Drs. Townsend and Cloud make the point that everyone needs to set parameters. Creating limits keeps us out of the places where destructiveness happens. Refusing feels inconsiderate or impertinent. Consequently these victims go from problem to problem without realizing that they keep opening the door to their own difficulties. And the fear of disappointing someone controls them. Being unable to say know may be a symptom of a deeper fear that needs to be uncovered and dealt with. Consider Insight-Oriented Therapy – We must learn to face and resolve old losses and stresses. Often we need help in working through these unresolved issues. Feel strong and courageous for asking for it. Plans fail for lack of counsel, but with many advisers they succeed Proverbs Professional help can make all the difference in getting to the bottom of our fears and taking the steps needs to freedom. Consider Medication – In the right combinations, medications work nearly percent of the time. While most of the people who seek professional help are able to overcome their fears through counseling alone, many times panic-stricken patients need a physiological chemical change that will enable them to resolve their fear-related issues. Spiritual issues often lie behind the cause of apprehension, and patients must deal with these in conjunction with medication if they are going to become totally whole. It is wise to see a good Christian counselor to look at the root of our fear, and not just expect a quick fix from taken a pill. Connect – We need to be connected to God and His people. Unconditional love is healing and will help us maintain perspective. New hope and direction can come from establishing positive relationships with people to whom we can confess our fears. Find a healthy church and join a small group where you can share your burdens, be encouraged, and be an encouragement to others. You can find comfort and healing in community with others. Sometimes we have missed the reasons why we feel so disconnected and alienated. You may need to spend time looking at what destroyed your past relationships. Exploring the strained relationships of the past can be painful, but can help us to sever these unhealthy ties that control us. Most important of all is to come into a new, intimate relationship with our Heavenly Father. A revived relationship with Jesus Christ can add the power and opportunity needed to reconnect with people and God-and to face fear. Spending regular time with the Lord will help you to re-connect and change your perspective on life. He is the ultimate, healing connection.

Chapter 7 : Let the Pour Set You Free: 5 Techniques for Letting Go and Allowing Your Paintings to Surpris

The Truth Will Set You Free He founded a website, Psych Connection, with the goal of connecting ideas, people, research, and self-help to better connect you to yourself and those around you.

Chapter 8 : 5 Ways Embracing Limitation Will Set You Free - Tico â™ª Tina

In fact, the right set of rulesâ€”everything from Michael Pollan's "eat food, not too much, mostly plants" to "no emails on the weekend"â€”can keep teams focused, productive, and harmonious.

Chapter 9 : Simple Rules Set You Free | Stanford eCorner

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Welcome to the Creativity top 5 most innovative brand ideas of the week. 5. The New York Times: 'The Truth Is Worth It', Droga5 New York The New York Times and Droga5 debuted another set of.