

Freedom from Law Based Bondage

1. Other's Expectations of Me

Rules, standards, and expectations placed on you by others, where they try to meet their needs through you for:

Love	through your attention, your conformity to their ways (personal validation), they live through you, etc.
Acceptance	from others/God through you performing in a way that supposedly earns or achieves acceptance
Worth	through your behavior proving their value as a dad, mom, family, friend, teacher, spouse, etc.
Security	through your keeping their system of control (image, behaviors, secrets, performance)
Identity	your job is to show that they are good parents, family, friend, teacher, pastor, spouse, employer, etc.
Understanding or To Be Heard	you must listen so they do not feel alone, they can vent, etc.

2. Search It Out

- When you tried to meet others' expectations, after time, those expectations became your system of law (self-effort), where you tried to earn love, acceptance, worth, and security. It is living "as if" separated from Christ, who is your life, trying to gain from others what Christ has freely given you.
 - Proverbs 24:25 The fear of man brings a snare, but he who trusts in the Lord will be exalted.
- List the people who have placed expectations on you to meet their needs.
 - 1.
 - 2.
 - 3.

3. Do not be Subject to the Yoke of Slavery

- There is no need to earn what you already have by birthright. By faith, receive God's gift of righteousness (unconditional love, acceptance, worth, and security).
 - Isaiah 2:22 Stop regarding men, whose breath of life is in his nostrils; for why should he be esteemed?
 - Romans 5:19 Through the obedience of the One the many will be made righteous.
 - Galatians 5:1 It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.

Freedom from Law Based Bondage

1. My Expectations of Others

Your rules, standards, and expectations for others to meet your needs for:

Love	through their attention, conformity to my ways (validation), live through them, etc.
Acceptance	from others through their performing in a way that portrays me as acceptable, etc.
Worth	through their behavior proving your value as a dad, mom, family, friend, teacher, etc.
Identity	that proves you are a good father, mother, family, friend, teacher, pastor, employer, etc.
Security	through their keeping your system of control (image, behaviors, secrets, performance)
Understanding or To Be Heard	to avoid feeling alone, appeases guilt, vent about others, gain confidence, etc.

2. Search Yourself

- When you tried to meet your needs through others, after time, those expectations became your system of law (self-effort) where you tried to earn love, acceptance, approval, worth, and security. It is living "as if" you are separated from Christ who is your life, trying to achieve what Christ has freely given you.
 - Jeremiah 17:5 Cursed is the man who trusts in mankind and makes flesh his strength, and whose heart turns away from the Lord.

- List the people you expect to meet your needs for love, acceptance, approval, worth, or security.
 - 1.
 - 2.
 - 3.

3. Do not be Subject to the Yoke of Slavery

- By faith, receive God's gift of righteousness (unconditional love, acceptance, worth, and security). Release your expectations on others to try to meet your needs.
 - Philippians 4:19 My God will supply all your needs according to His riches in glory in Christ Jesus.
 - 1 Corinthians 1:30 But by His doing you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption, so that, just as it is written, "Let him who boasts, boast in the Lord."
 - Psalms 146:3 Do not trust in princes, in mortal man, in whom there is no salvation.

Exchanging Law for Grace

Unknowingly, you may have continued to live under the law trying, through self-effort (flesh), to earn love, acceptance, value, and security that is yours by birthright. When you stop living under the law, trying to earn love and acceptance, it breaks the power of sin and defeat in your life. (1 Cor 15:56)

Father God,

- I confess that I have labored on the treadmill of self-effort, trying to meet my needs for love acceptance, approval, worth, and or security through expectations that I have placed on myself and others.
- I admit that when others have failed to meet my needs, I allowed their performance to determine my worth.
- I admit that I have tried to meet others' expectations in a vain attempt to earn love, acceptance, approval, value, or security.
- I accept the gift of Christ's righteousness, which is the source of my unconditional love, acceptance, approval, worth, and security.
- By faith, I declare that "My God supplies all of my needs according to His riches in glory in Christ Jesus."
- Thank you, Jesus, for not only taking back what I lost through law based living but also for renewing my mind, my will, and my emotions by the washing of the Holy Spirit.

In the name of Jesus, I pray. Amen