**“Make New Choices” ~ Questions for Reflection**

***What happened that provided an opportunity for the enemy to gain access to your life? Some common entryways are***

* Spiritual encounters with powers opposed to Christ
* Unhealthy relationships, especially abusive ones or intimate relationships outside of God's order
* Negative Messages about yourself, others, God, and the world
* Trauma - either harm done to you or good withheld from you

***How did you respond to these things?***

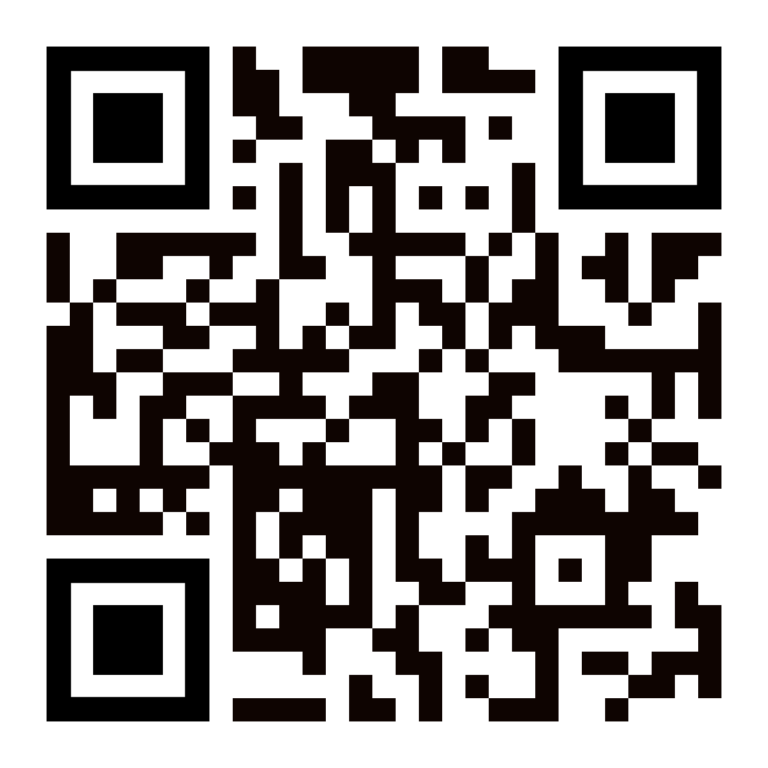
* Feelings, especially abandonment, rejection, shame, powerlessness, confusion, hopelessness, fear
* False beliefs about your identity that act as “curses”
* Judgments about God, others, the world
* Decisions about how you would protect yourself from further harm and pain (“vows”)
* What you turned to for help in coping that was outside of God’s will and his way

***Where did you end up?***

In other words, what were the negative consequences in your life of what happened and how you responded? Where do you experience bondage?

What are your habitual sins, the ones you can’t seem to shake or those that continue to tempt, sins that feel like a part of you? A good examination of conscience guide is helpful; you can also review the Beatitudes, the Catechism on the Ten Commandments (Section 2 of “The Life in Christ”, the Seven Deadly Sins, but also consider where you stand with unforgiveness, unbelief, and despair.)

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Take some time before scheduling a prayer appointment to review your notes from all four talks. In a single paragraph, write to God, and tell him where you would like more freedom in your life, what you imagine that could look like. Ask him to show you where *he* would like to give you more freedom, too. Then ask the Holy Spirit to give you and your prayer ministers the insight and anointing you need to respond to God’s grace for deliverance!

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