

Liberation

Liberation is the action of setting someone free from imprisonment, slavery, or oppression. It's giving someone their freedom. Jesus came to proclaim freedom to those in captivity, to release the oppressed and to proclaim the time of God's favour ([Luke 4:18-19](#)).

Today I want to share about how we can live a life of freedom. Who here wants freedom? Can I have a Scot shout freedom?? Do you have passion about freedom?

We start by receiving forgiveness

Jesus paid the price on the cross for our forgiveness,

Romans 6:23 NLT

²³ For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

Ephesians 1:7 NLT

⁷ He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

Isaiah 53:5-6 NIV

⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. ⁶ We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all.

1 John 1:9 NIV

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Jesus came to pay for the release of those in captivity to sin

If you think about sin like chains holding us down in a prison, more and more we get entangled by sin, the messier it get and the harder it becomes to get free.

AMEN

Jesus comes and pays the price himself to remove those chains off us. The prison door is open all we need to do is accept it and walk out into freedom.

But sometimes we can hold onto the chains ourself even when they are no longer attached.

Today as we are talking about forgiveness. I want to look at some of the main chains we can end up holding onto - those of unforgiveness.

Unforgiveness of others and unforgiveness of ourselves.

As long as we hold onto unforgiveness we will remain inside the prison

Unforgiveness binds us and stops God from bringing us true freedom.

Matthew 6:14-15 NIV

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

Unforgiveness is a sin which causes bitterness in our lives.

It has been medically proven that unforgiveness and bitterness can cause mental health issues and also even physical health issues including cancers.

“Unforgiveness is like taking poison but expecting someone else to die”. Anon

Hebrews 12:15 NLT

¹⁵ Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Bitterness stops us from receiving God's grace, God's grace is his freedom and favour

We're commanded to get rid of bitterness and to forgive.

Ephesians 4:31-32 NLT

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

God commands us to get rid of bitterness and forgive because He cares for us loves us and wants the best for us.

When we hold the sins of others against them, we hold onto bitterness. Forgiveness is a choice, an act of the will, not an emotion or a feeling - they may come later. Forgiveness is choosing to let go of your right to retribution and choosing to live with the consequences. (You are already living with the consequences, but this is choosing to live with what cannot be changed rather than allowing greater ongoing damage of bitterness). Forgiveness is not excusing sin, it is declaring as sin what is evidently sin. It is not forgetting, 'forgive and forget' does not come from the Bible. It is not been taken advantage of, it is not restoring trust or placing yourself in a vulnerable or abusive position again. Mercy is a gift, trust is earned. Forgiveness actually empowers you to move from being a weak victim, to being a person who takes strength from God in making decisions as a follower of Jesus.

“To forgive is to set a prisoner free and discover that the prisoner was you”.
Lewis B Smedes

I want us to watch a short video clip of Corrie Ten Boom who survived a concentration camp and speaks about forgiving one of her abusive prison guards.

[CORRIE TEN BOOM Video](#)

When we talk about unforgiveness we often focus on forgiving others, but there is also the need to forgive ourselves. The chains of unforgiveness which stop us from finding freedom in Jesus can also relate to us desiring to punish ourselves, or because we see ourselves unworthy and less than Jesus sees us. Jesus calls us not only to forgive others but also to forgive ourselves.

Anyone heard of Caged Animal Syndrome?

It is similar to Stockholm Syndrome

When a wild animal is caged to begin with it fights for freedom. But over time after multiple attempts at freedom have failed it starts to lose hope, it starts to accept its caged surroundings, it starts to accept the same stale food, it even starts to look to its enslaver for attention. There comes a point when even if the

door to the cage is left open the animal will no longer even try to escape and will even return to the cage voluntarily as a comfort zone rather than finding true freedom.

I feel this is a clear word from God to some people here today that this is what you are doing! Jesus has removed the chains, he has bought your forgiveness, the door to freedom is open, God's desire is for you to have life to the full. But you are choosing to pick up the chains yourself and hold onto them, they are no longer attached, but you are holding on because they have become your comfort zone and the thought of freedom and life to the full is scary.

Galatians 5:1 NIV

¹ It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Jesus has set us free! Today I feel God wants us to see that He has already paid the price, you have complete forgiveness. But He also wants you today to let go of the chains of unforgiveness. We have been forgiven and God gives us the grace to both forgive others and also to forgive ourselves, it starts with a choice and then to ask for God's grace to help us to forgive.