

A man in a blue shirt and jeans is shown from behind, breaking a thick metal chain. Sparks and debris are flying from the point of impact. The background is a dramatic sky with dark, swirling clouds and a bright light source, possibly the sun or moon, creating a silhouette effect on the man. The overall mood is one of liberation and defiance.

NO LONGER BOUND:
MEET THE CHAIN BREAKER

NO LONGER BOUND – HEALING - Deep Restoration!

Breaking Free from the Bondage We Agreed to That Enslaves Our Heart – Jeremiah 40:4,5 & Galatians 5:1.

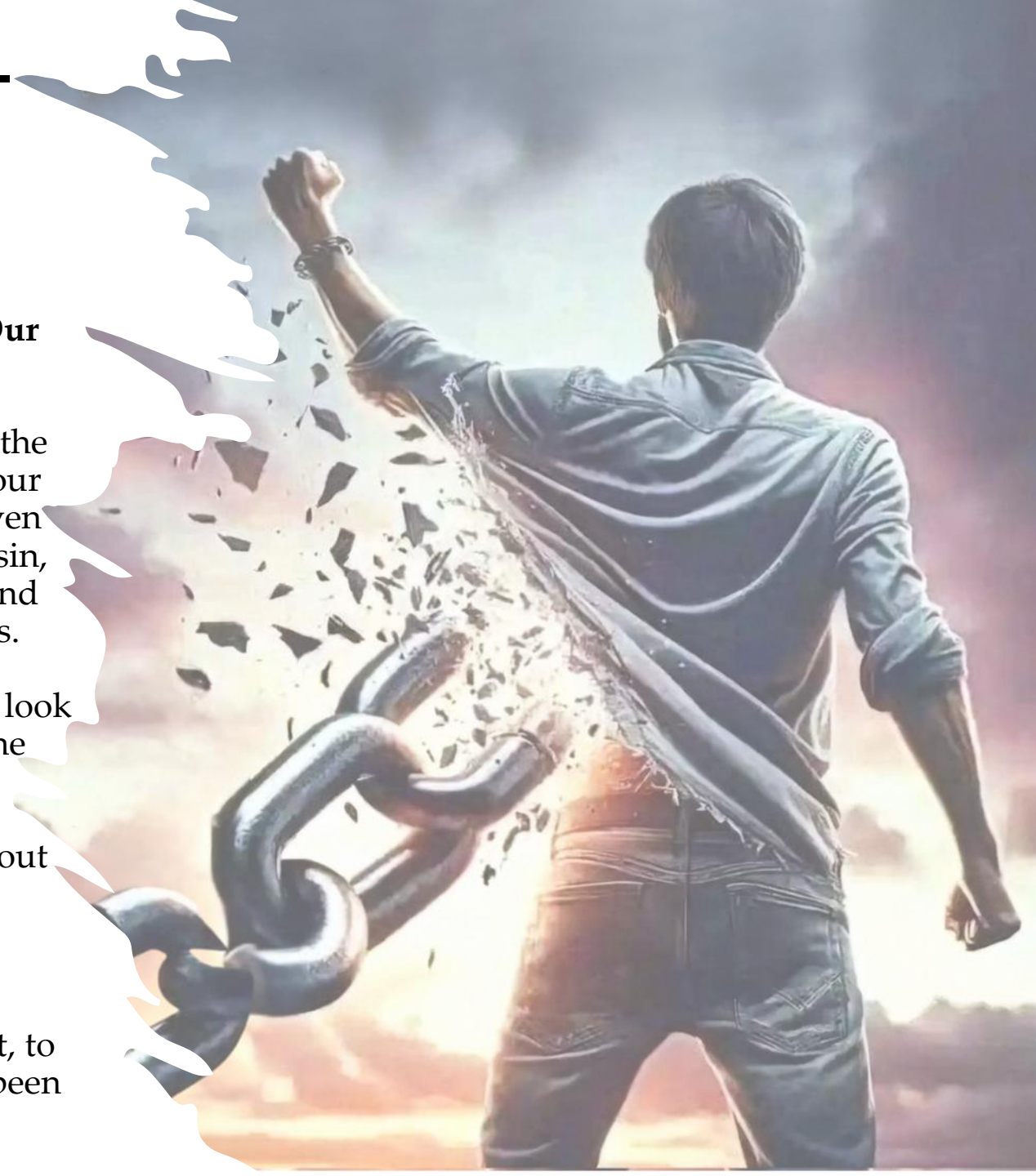
Many Christians don't realize that we can make agreements with the enemy of our souls to escape our past pains –whether it be from our performance, relationships, reputation, fear, or loss of control. Even though we have been totally saved from the consequences of our sin, we can still live as a slave to Satan himself because of conscious and unconscious contractual agreements we have made in our hearts.

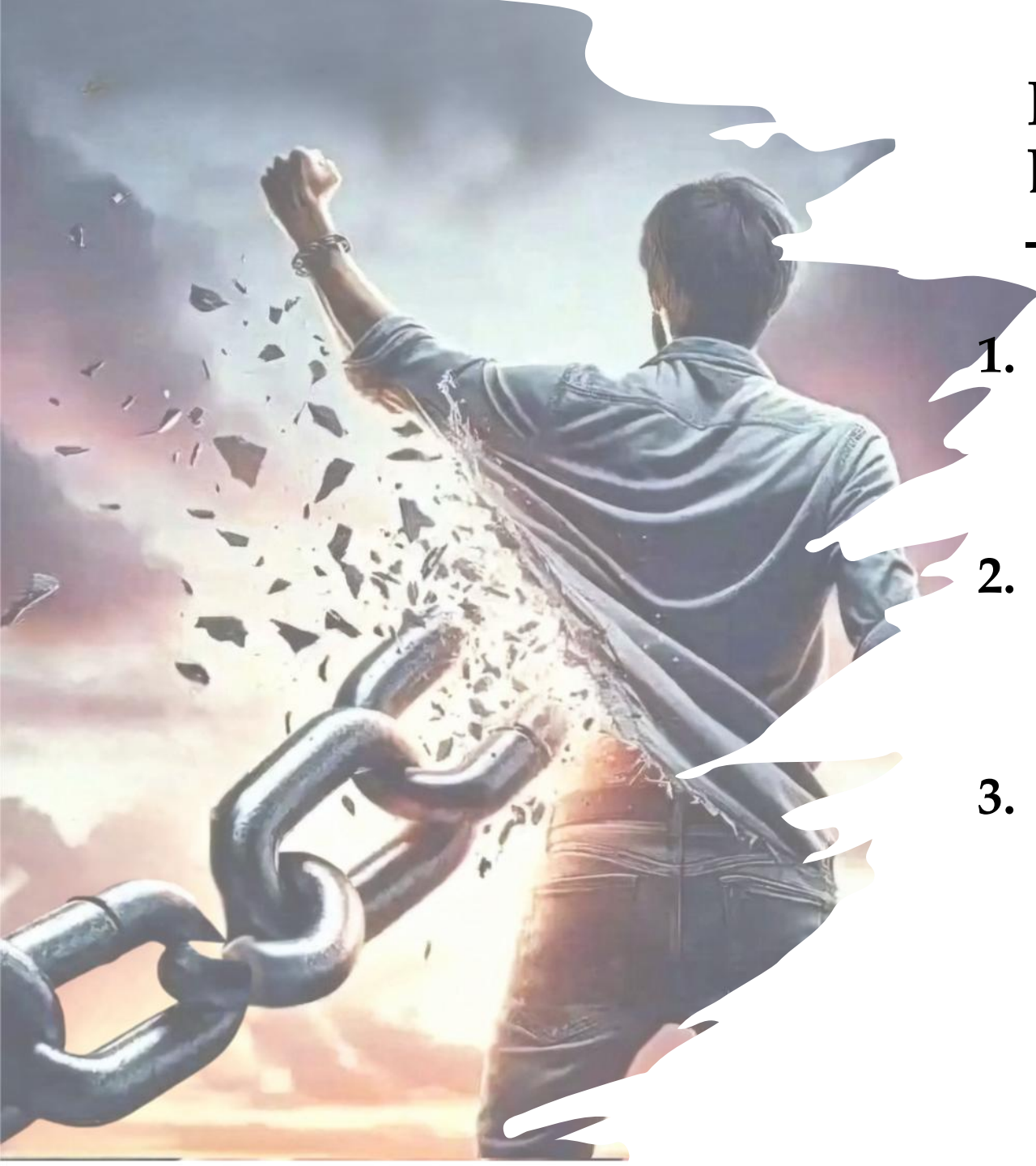
God wants us FREE to live life as He designed it. To do so we must look inside our hearts, uncover these old agreements, and discover the simple steps to revoke and break them.

By breaking these oppressive agreements, we can then freely live out the life

Jesus ransomed us for and become fully alive through the four tributaries of Discipleship, Counseling, Healing, and Warfare.

God is calling us to live out our calling in communities of the heart, to fight for one another and for the hearts of those who have not yet been set free!



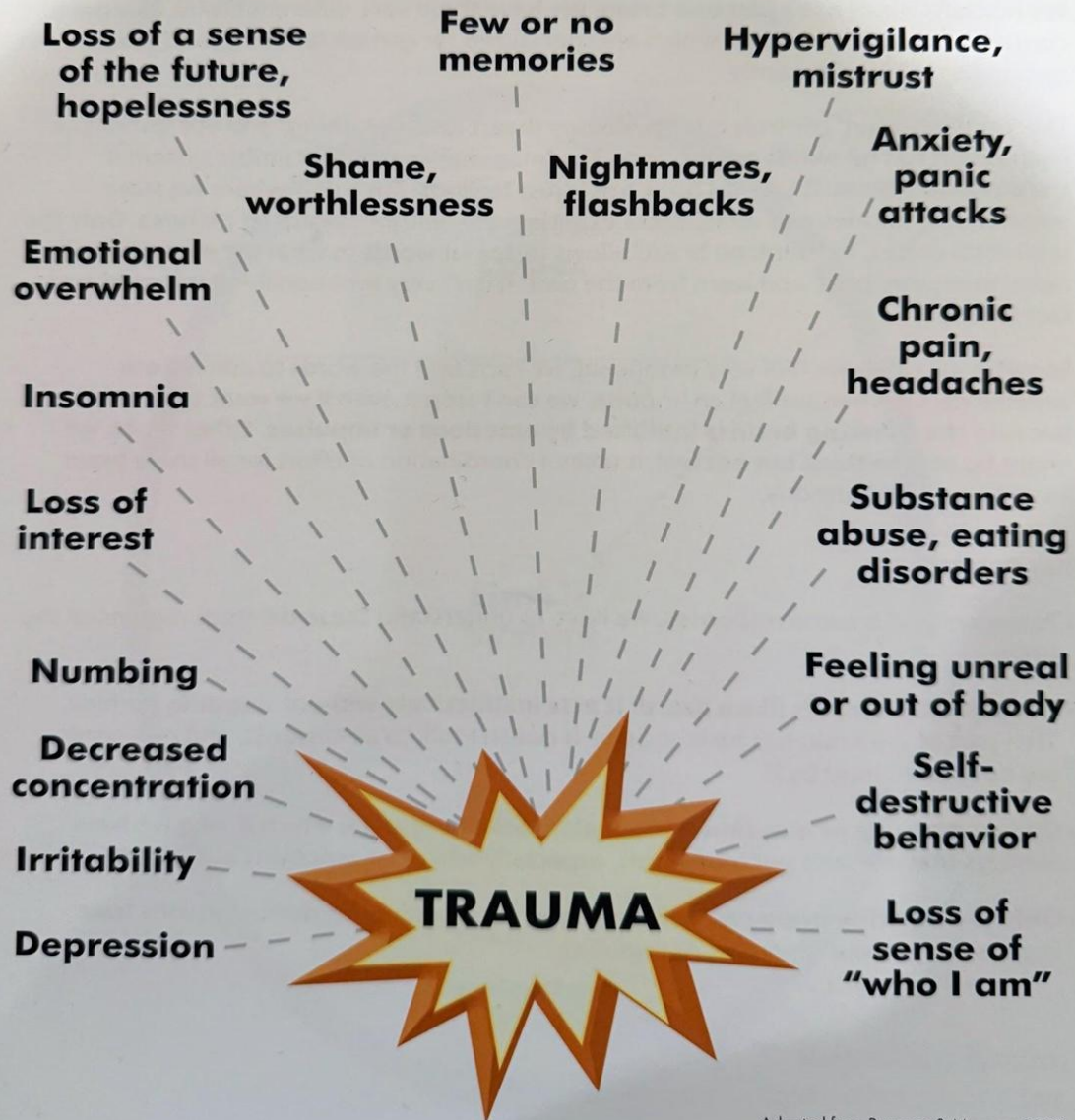


NO LONGER BOUND: BROKENHEARTED!

– Psalm 147:3.

1. **HOUSE DIVIEDED** © All have been wounded, but something deeper has happened to us than mere wounds. We are split—divided, not wholehearted.
2. **BROKENHEARTED** © “Your heart is in many pieces. I want to heal it (Isaiah 27:7-11 & 21:6-9). Hebrew word is *leb shabar* (*leb* for “heart” and *shabar* for broken).
3. **OFFER OF HEALING** © Jesus is offering healing to us (Matthew 13:11-15). What does it take to create a broken heart? What are you afraid of? There is something broken in me, something that allows the fear to keep returning, no matter how many comforting things Jesus said.

Traumatic Events Leave Behind a "Living Legacy" of Symptoms



The reactive avoidance trauma model is a theory of how trauma and/or emotional distress (unabated over time) can lead to the development of post-traumatic stress disorder (PTSD). The model proposes that when a person experiences a traumatic event, attachment disturbance, and/or emotional disattunement in childhood development, they learn to associate the situations or events with danger and threat. This association leads to the development of a fear response (anxiety), which can manifest as avoidance behaviors, hyperarousal, and intrusive thoughts.

ANATOMY OF PAIN



NO LONGER BOUND: RESTORATION!

– Hebrews 12:12, 13.

1. BE WITH GOD ☉ We need time with God (Psalm 86:11, 12).
2. INVITE JESUS IN ☉ We ask Jesus to come into the emotion, the memory, this broken place within us (II Cor. 4:5, 6).
3. TELL THE STORY ☉ We confess our sins, renounce them (often a great act of the will), and ask him to cleanse our hearts (I John 1:8-10).
4. WARFARE ☉ We ask God to cleanse us by the blood of Jesus; we command the Enemy to flee (James 4:7-10).



ACTION: Journal This!

1. What episode from your past has been difficult to face?
2. Have you ever told that story to someone?
3. Who has Jesus used to speak into your life?

