

# FINDING HEALING, HOPE & FREEDOM

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## STUDY GUIDE

### Finding Healing, Hope and Freedom

*“Lord, bend down to listen to my prayer. I am in deep trouble. I’m broken and humbled, and I desperately need your help. Guard my life, for I’m Your faithful friend, Your loyal servant for life. I turn to you in faith, my God, my hero; come and rescue me! Lord God, hear my constant cry for help.” Psalms 86:1-3 (TPT)*

#### I. Desperate for a Miracle

- A. How many of you have felt this way in life** and may even feel this way right now? We have been to that very place.

*“A woman who had had a hemorrhage for twelve years and have endured much at the hands of many physicians and had spent all that she had and was not helped at all but rather had grown worse—after hearing about Jesus, she came up in the crowd behind Him and touched His cloak. For she thought, “If I just touch His garments, I will get well.”*

*Immediately the flow of her blood was dried up, and she felt in her body that she was healed of her affliction. Immediately Jesus, perceiving in Himself that the power proceeding from Him had gone forth, turned around in the crowd and said, ‘Who touched My garments?’” Mark 5:25-29*

## B. Jesus Is a Hope Giver

1. He steps into hopeless situations and brings hope through His life-giving power.
2. Example of hope: *“Your daughter is dead. Don’t bother the teacher anymore.”* Luke 8:49-56
3. Jesus sets the captives free. Picture Yourself as a beautiful multi-colored hot air balloon.

*“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives.”* Luke 4:18

*“Today this Scripture is fulfilled in your hearing.”* Luke 4:21

## II. The Four Ropes That Keep Us Tied to the Ground

- A. Notice the four areas Jesus addressed in Luke 4:18:
1. *Preach the gospel to the poor*, talking about the things inherited from our ancestors.
  2. *Heal the brokenhearted*, talking about the hurts and wounds of the heart.
  3. *Recovery of sight to the blind* is talking about people who are blinded by lies and cannot see the truth.
  4. *And set at liberty those who are oppressed*, talking about freedom from the enemy’s oppression.

- B. **These four areas Jesus addressed in Luke are precisely the four ropes that tether the balloon (your life) to the ground** and keep you from walking fully in your destiny and calling:

1. **The first rope** represents the **Generational Sins and Curses** that come upon you from your ancestors.

*“You shall not bow down to them nor serve them. For I, the Lord your God,*

am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me.” Exodus 20:5

- a. We each inherit “Iniquity” from our ancestors.
  - i. Example of inherited iniquity: Shame
  - ii. Biblical examples of this iniquity:

*“He did evil in the sight of the Lord and walked in the way of his father and in his sin which he made Israel sin.” I Kings 15:26*

*“He did evil in the sight of the Lord and walked in the way of his father and in the way of his mother and in the way of Jeroboam the son of Nebat, who caused Israel to sin. 53 So he served Baal and worshiped him and provoked the Lord God of Israel to anger, according to all that his father had done.” I Kings 22:52-53*

- b. The good news is that God provided a way for us to cut off this pressure.

- 2. **The second rope** that tethers our life to the ground are lies we believe. RTF calls these **Ungodly Beliefs**.

*“So that He might sanctify her, having cleansed her by the washing of water with the Word.” Ephesians 5:26 (NASB)*

*“Christ’s resurrection is your resurrection too. This is why we are to yearn for all that is above, for that’s where Christ sits enthroned at the place of all power, honor, and authority. Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm.” Colossians 3:1-2 (TPT)*

*“Stop imitating the ideals and opinions of the culture around you but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in His eyes.” Romans 12:2 (TPT)*

- a. Ungodly beliefs are anything we believe that does not agree with God's Word, His nature, or His character about God, about ourselves, about others, and our circumstances.

*"Don't you know that when you allow even a little lie into your heart, it can permeate your entire belief system?" Galatians 5:9 (TPT)*

- b. You cannot just let go of an ungodly belief. It must be spiritually broken!

3. **The third rope** holding you back from the life God came to give you represents the hurt and wounded places in your life. We call these **Soul-Spirit hurts**.

- a. There are many examples of God healing our hurts:

*"The Spirit of the Lord is upon Me because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted."* Luke 4:18 (NKJV)

*"Surely He has borne our griefs and carried our sorrows."* Isaiah 53:4 (NKJV)

*"I said, 'Lord, be merciful to me; heal my soul.'" Psalms 41:4 (NKJV)*

*"He restores my soul."* Psalms 23:3 (NKJV)

- b. These do not point to what Jesus DID. They proclaim what Jesus **DOES** today.
  - i. He came to heal your broken heart today!
  - ii. Example: Mike meeting Jesus

4. **The fourth tether** is the rope of **oppression that comes from the enemy** because of the other three areas.

a. We believe the Bible teaches that demons are real.

b. "Can a Christian have a demon?" According to Derek Prince, Christian author, a Christian can have whatever they want to have.

*"And these signs will follow those who believe. In My Name they will cast out demons." Mark 16:17*

*"But Peter said, 'Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back some of the price of the land?'" Acts 5:3*

c. We also know that Christians have been given authority over demons.

*"And Jesus came up and spoke to them, saying, 'All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you [always], even to the end of the age.'" Matthew 28:18-20*

d. Jesus was given ALL authority. What did He do with His authority? He gave it to us. These scriptures are written to believers:

*"Submit therefore to God. Resist the devil, and he will flee from you."*  
James 4:7

*"... nor give place to the devil." Ephesians 4:27*

*"... and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will."*

### **III. Ready to Soar?**

#### **A. When You Cut All Four of These Ropes, You Will Soar as God Intended.**

1. Restoring the Foundations ministry process addresses each of these four ministry areas in an integrated way.
2. As each “Tether” is removed, new and lasting freedom is experienced.
3. At Restoring the Foundations, we do two things:
  - a. We minister healing and freedom to people. We minister to those who are being held back by these “Tethers” in life.
  - b. We equip and empower. We train and equip others to minister with the life-changing principles of the RTF integrated approach to ministry.