

NEIL T. ANDERSON

THE  
BONDAGE  
BREAKER<sup>®</sup>  
STUDY GUIDE



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## **THE BONDAGE BREAKER® STUDY GUIDE**

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# You Don't Have to Live in the Shadows

## CHAPTER 1

### Are You Living in the Shadows?

Dear God,

Where are you? How can you watch and not help me? I hurt so bad, and you don't even care....I love you, but you seem so far away. I can't hear you or feel you or see you, but I'm supposed to believe you're here...

Perhaps you can identify with this woman's feelings. Perhaps you've felt this way in the past or are feeling this way now. The message of this chapter—and this book—is that you don't have to live in the shadows.

- Why are you reading *The Bondage Breaker* and working through this study guide? What do you hope to learn about God's ability to work in your life and His power over Satan?

- Read again the following passage from page 18:

Many other Christians I deal with don't complain about hearing voices as such, but their minds are filled with such confusion that their daily walk with Christ is unfulfilling and unproductive. When they try to pray, they begin thinking about a million other things they should be doing. When they sit down to read the Bible or a good Christian book, they can't concentrate, or they read for several minutes and suddenly realize that their thoughts have been a million miles away. When they have an opportunity to serve the Lord in some way, they are brought up short by discouraging thoughts of self-doubt: "I'm not a strong Christian"; "I don't know enough about the Bible"; "I'm still plagued by sinful thoughts"; or "I don't have many spiritual gifts." Instead of being victorious, productive, joy-filled Christians, they trudge through life under a cloud, just trying to hang on until Jesus comes. Some of this is certainly because of lack of mental discipline and patterns of the flesh, but it can also reflect deception from the enemy. I have seen thousands of people freed from this kind of mental torment.

Where, if at all, do you see yourself in this description? Where might the enemy be deceiving you or robbing you of the joy of the Christian life?

- Define "bondage" in your own words.  
— What do you feel when you hear that word?

## **Common Misconceptions About Bondage**

- There is much confusion about the presence and activity of demons in the world today. This confusion keeps many

Christians in bondage to a power they don't acknowledge. After reading pages 19–26, write out in your own words arguments against the following misconceptions about the spiritual world.

1. Demons were active when Christ was on earth, but their activity has subsided today.
  2. What the early church called demonic activity we now understand to be mental illness.
  3. Some problems are psychological and some are spiritual.
  4. Christians aren't subject to demon activity.
  5. Demonic influence is only evident in extreme or violent behavior and gross sin.
  6. Freedom from spiritual bondage is the result of a power encounter with demonic forces.
- Which misconception(s) have you accepted as truth? Rebut that idea with a passage from Scripture that refers to God's

power, His truth, or Satan's defeat. Write that verse out here and on an index card to carry with you to remind you of your victory over Satan through Christ.

### **Know the Enemy and the Victor**

- Look up the following passages. Write down the phrases used to describe Satan.

— John 8:44

— John 10:10

— 1 John 5:19

— Revelation 12:9

- Compare those terms for Satan with the following descriptions of Jesus and His Holy Spirit.

— John 6:48

— John 14:6

— John 16:13

— Isaiah 9:6

## **The Armor of God**

- Read Ephesians 6:12 and 2 Corinthians 10:3-5. Note the present-tense verbs. What is Paul saying about what believers will encounter in this world?

- Believers are not left defenseless in the face of the enemy. Read Ephesians 6:10-18.

— List the six components of the “full armor of God.” (We’ll look at them more closely in Chapter 6.)

— When should we be praying?

— What does the role of prayer suggest about the nature of spiritual warfare?

## **Setting Captives Free**

- Why is there so little instruction on “setting captives free” in the epistles? Look again at the section in which I point to the cross, and give two reasons. Read the scriptural support, and explain the reasons in your own words.

— Matthew 28:18 and Colossians 2:15

— Ephesians 1:18-21 and 2:4-7

- When one woman was experiencing deep spiritual, mental, and emotional turmoil, she wrote the letter to God quoted at the beginning of the chapter. Take time now to write to God. Cry to Him for help. Share what’s on your heart. Ask Him to work in your life.

— If you can—and you may not be able to now—write a letter from God in response to your letter to Him. In it, personalize verses from the Bible. Let God address you specifically through His Word by weaving your name into the text you choose.

— Maybe at this point in your journey, the darkness is too thick for you to imagine God saying anything to you. If so, read the letter to the Lost Sheep on page 28, and replace “Lost Sheep” with your name.

## **The Truth Shall Set You Free**

- The truth of God’s love and His power is what liberates Christians from the hold of the enemy. Which of the following verses, or which verse of your own choosing, is an especially effective reminder of that fact? Write it out here. (You might also want to write it on an index card to carry with you or to put in a strategic place where it can remind you of God’s power over evil, confusion, and despair.)

— John 14:6

— John 17:15,17

— Philippians 4:8

— Romans 8:38,39

— 1 Peter 3:21,22

- After reading this chapter, what new truth have you realized, or what truth are you now seeing more clearly?
  
- Spend a few minutes with the Lord. Share your letter with Him, and listen for His quiet response. Share your fears and doubts with your heavenly Father, your almighty King. The prayer “I do believe; help my unbelief” (Mark 9:24) has proven effective for many saints through the centuries.