

# **We can be free!**

In Galatians 5:1, God tells us that Jesus came so that we might be free from the debilitating effects of sin. He doesn't want our lives to be weighed down by fear, bitterness, unforgiveness, pain, anger, lust, or anything else that keeps us from experiencing the fullness of his love for us (Eph. 3:18-19). Granted, this side of heaven, we struggle with our flesh and spiritual attack, but 2 Peter 1:3 tells us that God has given us everything we need to guard our freedom, resist sin, and walk in godliness. There really is hope for living in victory!

Sometimes, though, we run into obstacles that keep us from experiencing the love of God. Past hurts, sin, lies or strongholds, left unaddressed, get in our way. The Bible's answer to this is repentance; turning away from whatever hinders us. The Bible also clearly describes how we can identify these obstacles and how we find power for walking in freedom.

## **What is CrossBridge's Freedom Prayer Ministry?**

Freedom Prayer is simply the name of a specific ministry at CrossBridge that aims to help people find freedom from barriers that may keep us from experiencing joy and peace in Christ. We've given this prayer ministry a name to differentiate it from several of our other prayer teams that may minister at specific times or may have a different purpose such as our noon prayer team, our Sunday ministry team, or our pre-service prayer team.

## **How does Scripture figure into CrossBridge's prayer ministry?**

The promises and principles found in God's Word are the basis for all effective prayer ministry. The Scriptures found on the opposite page are the basis for our approach in our Freedom Prayer Ministry. The CrossBridge elders and pastors are committed to ministering in a way that is solidly biblical. If we don't find it in the Bible, we don't do it. This strong biblical grounding gives the Holy Spirit room to do what only he can do. We seek to be humble before the Lord and to honor the people who come for ministry. We also maintain a strong system of accountability and confidentiality. To the glory of God, hundreds of people have been encouraged, strengthened and drawn closer to Christ through our prayer ministry.

## **What does a prayer time look like?**

During a prayer time, you will meet with 2-3 prayer team members, usually of the same gender. One team member will primarily lead the prayer time with help from the other two members. This team will have been praying on your behalf prior your appointment, and will be seeking the Lord's leading during the actual prayer time as well. The prayer time will center on Scripture and trusting the Holy Spirit to lead through applicable areas such as forgiveness, repentance, identifying and removing lies or ungodly beliefs, confession of sin, and receiving God's truth and His heart towards you. There will also be a time of blessing during the prayer session. Both you and the team will be active participants in the prayer time as we seek the Lord's heart together.

## **Why does CrossBridge have a specific ministry for this?**

The truth is, any Christian can grab a couple of brothers or sisters in Christ and go before the Lord together, pooling their faith in prayer as they wait on the Lord in active support of the person who is struggling. The reality, however, is that most of us don't have these type of relationships. At CrossBridge, we hope to be a community that is safe, living in transparent relationship with God and with one another. This should be evident in all areas of life and ministry in our body, especially in the life group. Members of our Freedom Prayer team are committed to the intercession and faith required to pray for those in need and sincerely take joy in serving in that capacity, always encouraging the individual back into community life to further grow their freedom in Christ.

## **How do I sign up for prayer ministry?**

Simply go to the Ministry tab on the CrossBridge website and click on "Freedom Prayer Ministry." You will find more information and a confidential online form to schedule an appointment.

## **The biblical framework of CrossBridge's Freedom Prayer Ministry:**

**Here are the scriptures that form the basis of our approach. For a fuller understanding of them, you're encouraged to read them in the context in which they appear in the Bible.**

**Freedom:** 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. Galatians 5:1

**Waiting on the Lord:** Be still before the Lord, wait patiently for him... Psalm 37:7; Be still and know that I am God. Psalm 46:10; the Bible is replete with Scriptures exhorting us to wait on the Lord and meditate on his Word.

**Praying together:** Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them. Matthew 18:19-21

**Asking for greater knowledge and understanding of the Father, Jesus, and the Holy Spirit:** For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me wholeheartedly. Jeremiah 29:11-14

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3:16-19

**Confessing and turning away from sin:** Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:15-17

**Releasing unforgiveness and judgement against others:** Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you. Luke 6:37-38

**Asking God to show us strongholds and lies we believe so we can walk in the light:** For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ... 2 Corinthians 10:3-5  
But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 1 John 1:7-8

**Better understanding of our access to God, the Father:** Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that He opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Hebrews 10:19-21

But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons. And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave, but a son, and if a son, then an heir through God. Galatians 4:4-7

**Looking to the Lord for healing for our hurts and wounds:** The Lord is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18; He heals the brokenhearted and binds up their wounds. Psalm 147:3