



the Spirit. {2} For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."

(Galatians 5:16) "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh."

(Philippians 4:13) "I can do all things through Christ who strengthens me."

(Ephesians 3:16) "that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,"

(Hebrews 12:1-2) "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, {2} looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

(Psalms 16:11) "...; In Your presence is fullness of joy; At Your right hand are pleasures forevermore."

(Revelation 21:4) ""And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.""

anyone thinks himself to be something, when he is nothing, he deceives himself. 4 But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.)

- ◆ Reach out in love. Seek God's wisdom in what to say and do in each encounter (James 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.) Then rebuke or be silent—in love.
- ◆ Depend on God. You will make mistakes. But anchor yourself in God's Word and continually commit yourself and your loved one to the Lord in prayer (Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;)

Making some of these choices can help to slow down the rollercoaster ride of changing emotions.

*Love is an attitude, love is a prayer
 For someone in sorrow, a heart in despair;
 Love is goodwill for the gain of another,
 Love suffers long with the fault of a brother. —Anon.*

Love helps people even when it hurts.

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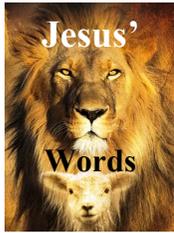
Riding A Rollercoaster

If you love someone who struggles with a substance-abuse problem, you know that your emotions and his can be like riding a rollercoaster—up and down. Today he wants help; tomorrow he's drinking or is high on drugs again, or at the computer. Today she's being honest; tomorrow she's running from the truth.

The Holy Spirit helps us to love people like that, even in their sins and struggles. Here are a few principles we can put into practice:

- ◆ Treat the person with respect. Be gentle when trying to restore him (Galatians 6:1-2 Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. 2 Bear one another's burdens, and so fulfill the law of Christ.) But don't do for him what he should do for himself. Don't get in the way of the consequences that God can use to bring change.
- ◆ Remember that you do not have the power to change another person. Instead, ask God to help you become the person He wants you to be (Galatians 6:3 For if





Set Free

In John 8:30-36 are two factors to set us free from sin:

1. _____, verses 30-36

(2 Peter 1:5-7) "But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, {6} to knowledge self-control, to self-control perseverance, to perseverance godliness, {7} to godliness brotherly kindness, and to brotherly kindness love."

(2 Peter 1:3) "... His divine power has given to us all things that pertain to life and godliness, ..."

(Matthew 26:41) "'Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.'"

(2 Corinthians 10:5) "... bringing every thought into captivity to the obedience of Christ,"

(Ephesians 6:12) "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places."

(Ephesians 6:18) "praying always .. in the Spirit, being watchful to this end ...;"

(Ephesians 6:13-17) "Therefore take up the whole armor of God, that you may be able to withstand in the evil day, .. {14} .., having girded your waist with truth, having put on the breastplate of righteousness, {15} and having shod your feet with the preparation of the gospel of peace; {16} above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. {17} And take the helmet of salvation, and the sword of the Spirit, which is the word of God;"

(Psalms 119:9) "How can a young man cleanse his way? By taking heed according to Your word."

(Psalms 119:11) "Your word I have hidden in my heart, That I might not sin against You!"

(Luke 4:13) "Now when the devil had ended every temptation, he departed from Him until an opportune time."

(1 Corinthians 10:13) "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

(2 Corinthians 9:8) "And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work."

(2 Timothy 3:16-17) "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, {17} that the man of God may be complete, thoroughly equipped for every good work."



◆ A _____
(Ephesians 4:31-32) "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. {32} And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."

◆ A _____
(Philippians 4:6-7) "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

◆ L _____
(Philippians 4:8) "Finally, brethren, whatever things are true.. noble, .. just, .. pure, .. lovely, ... of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things."

(Job 31:1) "'I have made a covenant with my eyes; Why then should I look upon a young woman?'"

(Psalms 101:3) "I will set nothing wicked before my eyes; ..."

◆ F _____
(Proverbs 23:2) "And put a knife to your throat If you are a man given to appetite."

◆ _____ abuse
(Proverbs 23:31) "Do not look on the wine when it is red, When it sparkles in the cup, When it swirls around smoothly;"

(1 Corinthians 15:33) "Do not be deceived: "Evil company corrupts good habits.'"

◆ M _____
(1 Timothy 6:10) "For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows."

(Proverbs 28:20) ".. he who hastens to be rich will not go unpunished."

2. _____, v 33-36

(Romans 6:6-7) "knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. {7} For he who has died has been freed from sin."

(Romans 6:14) "For sin shall not have dominion over you, for you are not under law but under grace."

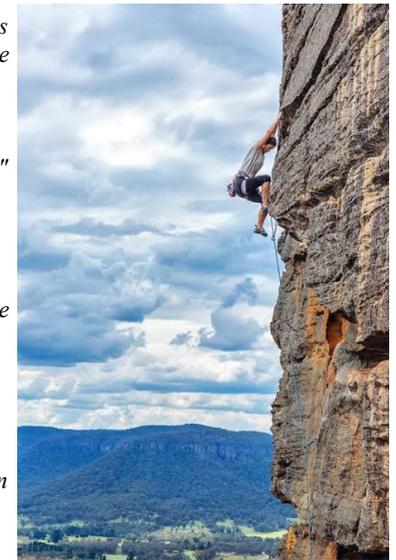
(Romans 6:23) "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

(1 John 3:2) "... when He is revealed, we shall be like Him, for we shall see Him as He is."

(Jude 1:24) "Now to Him who is able to keep you from stumbling, And to present you faultless Before the presence of His glory with exceeding joy,"

(Ephesians 5:18) "And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,"

(Romans 8:1-2) "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to



In Christ I can