

Freedom Journey

Written by
Wednesday, 27 January 2010 10:22 -

Freedom Journey



Revision A, updated 07/19/2009

by Paul Cook

YOU CAN BE FREE! This is a study to help you walk to freedom from whatever sin you may be struggling with. I have written the study with the sex addict in mind, but the principles apply to anyone seeking a closer walk with Jesus. My prayer is that you, like me, will discover the freedom that is yours in Jesus.

Freedom Journey is based on the teachings of the Bible. If you have not placed your trust in Jesus, we encourage you to first visit our [non-Christian help](#) and [Peace with God](#) pages, before proceeding through

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To maximize the effectiveness of this study, I recommend that you keep a written journal of your progress through each page of the study. You'll want to keep a Bible handy as you go through the study, as there are frequent scripture references.

Please work through the pages in the order that they are presented in the study. Skipping ahead will be like trying to build a house without the proper foundation. Each page builds on the concepts presented in the pages preceding it.

Study Outline:

- [Getting Started](#)
- [Deal with Sin](#)
- [Cut Free](#)
- [Healing Prayer for the Roots of Sex Addiction](#)
- [Clean House](#)
- [Old Self New Self](#)
- [Quiet Times](#)
- [Break Secrecy](#)
- [Train Eyes](#)
- [Control Thoughts](#)
- [Practical Examples](#)
- [Wrap-up](#)

Start Study: [Getting Started](#)