

What's Your Level of Freedom?

Exemption from external control

1. I live a self-controlled life.	always	often	rarely	never
2. I am not easily manipulated by others.	always	often	rarely	never
3. When someone wrongs me, I give it to God and let it go.	always	often	rarely	never
4. I spend much of every day at peace with others.	always	often	rarely	never
5. My mind is free from negative emotions.	always	often	rarely	never
6. I do what I know is right regardless of what I feel.	always	often	rarely	never
7. I only say what I should.	always	often	rarely	never

The power to exercise choice

1. When I know I have had enough to eat or drink, I stop.	always	often	rarely	never
2. When I know something is harmful, I avoid it.	always	often	rarely	never
3. I carry out my decisions, such as "I am cleaning my house today."	always	often	rarely	never
4. I know the truth of God's word and make decisions accordingly.	always	often	rarely	never
5. I know what I want.	always	often	rarely	never
6. I make up my mind about things.	always	often	rarely	never
7. I am not easily swayed.	always	often	rarely	never

The right to enjoy all of the privileges of citizenship in the kingdom of God

1. I enjoy the presence of God.				
2. I am free from feeling condemnation from my sins and failures.	always	often	rarely	never
3. I exercise my authority over Satan.	always	often	rarely	never
4. I am living in the promises of God's word.	always	often	rarely	never
5. I participate in the Glory of Jesus.	always	often	rarely	never
6. I am living the abundant life.	always	often	rarely	never
7. I am growing and learning new insights about God every day.	always	often	rarely	never
8. I live in much joy.	always	often	rarely	never
9. I live in much peace.	always	often	rarely	never
10. I am doing even greater things than Jesus did.	always	often	rarely	never

Exemption from anything that sets itself up against the knowledge of God

1. I am free from fear.	always	often	rarely	never
2. I know my God has good things for me.	always	often	rarely	never
3. I know God will make all things work for my good.	always	often	rarely	never
4. I am free from depression.	always	often	rarely	never
5. I am free from insecurity.	always	often	rarely	never
6. I am free from addiction.	always	often	rarely	never
7. I am free from obesity.	always	often	rarely	never
8. I am free from anger, bitterness, and unforgiveness.	always	often	rarely	never
9. I am free from lying.	always	often	rarely	never
10. I am free from greed.	always	often	rarely	never
11. I am free from lust and sexual perversion.	always	often	rarely	never
12. I am free from eating disorders.	always	often	rarely	never
13. I am free from obsessions.	always	often	rarely	never
14. I am free from feelings of guilt.	always	often	rarely	never
15. I am content.	always	often	rarely	never
16. I believe God.	always	often	rarely	never
17. I know I am precious to God and that he delights in me.	always	often	rarely	never

TOTAL CIRCLED PER COLUMN: _____

What can we glean about ourselves from this exercise? Well, if you circled *always* every time, then you are either perfected in Christ and ready to move on out of here or you are a terrible liar. Ha! I doubt any of us circled *always* every time. In all seriousness, I'm sure every one of us has a number in each of the above blanks. Here is the best way to interpret the exercise we have just completed. If you have a high number in the *always* and *often* columns, then you are probably living in a good bit of freedom. If you have higher numbers in the *rarely* and *never* columns, more than likely you are not living in very much freedom. This is merely a tool used to give us an indication of our level of freedom. It's certainly not exact and is not intended to puff up or discourage. However, if we want to live in the freedom that is rightfully ours, we must ascertain our need for it.

(This exercise was taken from *So, What's the Deal?* by Sharon Garrett, 2015 S&G publishing, pp. 98-100.)