



# breakthroughs

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**finding freedom and true  
fulfillment in jesus**

## Lesson 5: Markers

You may recall a verse from earlier in the workbook that tells us that Jesus came to earth with a mission.

***“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoner.” (Luke 4:18)***

This verse proclaimed about Jesus and was proclaimed by Jesus. Jesus is the One who came to heal your heart, set you free and deliver you from darkness.

How does it make you feel when you consider that Jesus came to do this kind of work in your life?

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We learned last week that we may have a tough time asking for God’s help. We also learned that the enemy wants us to turn to ‘little gods’ to heal the pain and void in our lives. How can knowing what God tells us in Luke 4:18 help us with these two things?

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We will spend this week and next week learning how to “Step Into Truth.” We will learn that stepping into truth is a choice that we will make many, many times in any given day. Stepping into truth involves taking action but not a physical action. Stepping into truth involves taking mental action. Our minds are constantly firing thoughts that deeply affect us mentally, emotionally and physically. Our thoughts also deeply affect our actions because we often make decisions based upon our thoughts. For example, if we have positive thoughts about someone, then we will be more open to spending time with that person. If we have very negative thoughts about someone, we will try to avoid that person. The same principle is applied to places, activities and things.

Our thoughts are very powerful because they can produce negative or positive feelings, which then influence the choices we make. People have described our minds as being like a battlefield, where thoughts can be arrows fired from the enemy to wound us.

Do you recall how the enemy works in our lives? It’s through deception. The enemy lies to us and tries to lead us away from following God by getting us to follow his lies. He is very strategic in choosing arrows designed specifically to target areas of our hearts. There are some arrows that the enemy uses in all of our lives such as telling us the lie that “God could never really love me,” or “I will never be able to overcome this problem.” However, the enemy knows what arrow will do the most damage in our individual lives as well, so he will choose arrows that will do the most damage based on what he knows about our lives.

For example, if someone grew up in a home where their father was critical, then an arrow that said “you will never be able to be successful” or “you will never amount to anything in life” will effectively target a wound that is already in this person’s life. God tells us in Psalm 18:18 that “the enemy confronts us in the day of disaster.” What God is telling us through this verse, is that when we experience pain in life the enemy

comes on the scene to watch the show. His plan is to take note of our pain and then form arrows he can later shoot straight at our wounds. This sounds sick but it is so much more than sick... it is evil. It is our enemy. We can't possibly stand against such assault in our own strength. The enemy knows this, so he provides 'little gods' for us to chase - to deal with our wounds. He shoots at our wounds with these strategic arrows.

Before you begin to feel overwhelmed at such a fierce battle, please read the following verses from God's Word.

***"You, dear children, are from God and have overcome them, because the One who is in you is greater than the one who is in the world" (1 John 4:4 NIV).***

***"For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory"***  
*(Deuteronomy 20:4 NIV).*

These verses will help you see that we do not need to fear or be overwhelmed by the battle. However, we do need to understand the battle and how to fight. But even more importantly, **we need to know that Jesus has already given us victory.** In other words, when we are fighting a battle against the enemy's arrows, Jesus gave us every weapon that we need to destroy the arrows. The enemy's arrows have power when we lay down the weapons Jesus gave us for battle. So, our job is to learn what Jesus has given us to fight with, and then how to use what Jesus has given us, so we can fight.

It may sound as if we must battle constantly in order to experience healing and freedom in our lives. When we are at "rock bottom" or we are trying desperately to avoid doing something like taking a drink, popping a pill, looking at pornography or binge eating, we absolutely must fight and fight hard. When arrows are being fired at us in every direction it is not the time to take a break on the battlefield.

Thankfully we will not always experience such an intense time on the battlefield. As Jesus heals our hearts from past and present pain, we will not be so vulnerable to the

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enemy's attacks. As we face deception, walk away from it, and walk towards truth, we will become strong soldiers on that battlefield. It is not God's will for us to be wounded warriors who are constantly trying to avoid being ambushed by the enemy. God has so much more in store for our lives, but we must be healed and free to embrace His plan for us.

Please take a few minutes to process what you've just learned about arrows of the enemy and the battlefield. Summarize what you've learned in the space provided.

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For us to take our next step, 'Step into Truth', we need to learn how to identify truth.

**We need to be able to distinguish between what is true and what is false. Once we can learn to identify what is true and false, we train ourselves to choose truth over what is false. The more practice we have with identifying and choosing truth, the easier and more natural this will be for us to do each day.**

## Markers

A practical illustration in helping us identify and choose truth comes from a personal experience. I was on a hiking trail in the mountains a few years ago and came to a place along the trail where I could go in one of two directions, and I did not know which direction to take. I stood at a crossroads. One direction would lead me back to the cabins and the other direction would lead me further into the mountains. I have a very poor sense of direction and situations like this cause me to feel very insecure and actually a bit terrified. I knew that the decision I made at this point could lead me safely to our cabin or I would get lost in the mountains. As I stood at the crossroads, I began to frantically look for a marker on a tree. A marker would indicate which path I should choose to get back to camp.

Hikers know the importance of markers. They know that a marker, which can be a flag on a tree or a mark such as an arrow on a tree, directs the hikers so they won't get lost. As we travel through life, markers are placed along our path. These markers direct us and tell our hearts and minds and feet where to go. Some markers are helpful and lead us in a healthy direction, while other markers are harmful and lead us in an unhealthy direction. Markers that are based on truth will lead us closer to God and markers that are based on lies will lead us away from God.

What did we learn earlier about what the enemy does when we experience pain in life?

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The enemy confronts us on the day we experience disaster (pain) and he develops a plan to use that pain to cause further damage in our lives. Pain is often a breeding ground that brings further pain because we are so vulnerable. The enemy will create a marker and place it along our way, hoping to lead us down a destructive path. Of course, 'little gods' are placed along the path as well. We simply follow the markers and 'little gods' that lead us into enemy territory.

## Lesson 5: Markers

Consider a time in your life when you experienced pain. Do you recall how you felt during that time in your life? Write down any thoughts and feelings you recall about yourself and your life during that painful experience.

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Hopefully you are gaining some understanding as to why you have to fight against the enemy's arrows or markers directed at you. They are formed by the enemy to cause you pain, direct you away from God, and they are lies. Because these lies are often formed when we are in pain, and directed to us while we are in pain, they will feel like truth. For example, if we are rejected by someone we love and then a marker or arrow is formed saying "nobody will ever love you" or "you aren't worth loving" then it will be difficult to recognize the lie. It will feel like truth so the lie will go unnoticed. We pay no attention to what is taking place along the path of our own lives. We are unaware that the enemy placed a marker on our path directing us down a destructive path.

*You may want to take a break at this point in this week's lesson.* However, before you do, please take a few minutes and write down what God is teaching you about the enemy's arrows and markers. What is God showing you about how the enemy has worked in your life to lead you away from knowing and following truth?

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One of the ways that we need to be especially aware of the enemy's markers is when we are struggling with temptation. For example, if we are seeking freedom from an addiction to pornography, we need to know how the enemy works during times of temptation. Here is one example:

You have not looked at pornography for three weeks. You are feeling encouraged about this victory but then have a bad day at work. You experienced a form of rejection and feel like a failure. You are not able to shake off the negative feelings

and feel very alone. You don't realize it, but you are standing at a crossroad at this very moment. The enemy is telling you that one look at pornography will not be a huge deal and that you can't really expect to ever be completely free of this addiction. You follow those markers that lead you to the 'little god' and arrive at a place you vowed three weeks ago to never enter again.

What was the other path that this person could have chosen?

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Write an example of your own life. Write about a time when you were at a crossroad. You had one path that would lead you to a 'little god' and the other path away from the 'little god.' What did it feel like to stand at that crossroad? What lies did the enemy tell you at that crossroad?

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### **A Battle at the Crossroad**

When we are at a crossroad, there is a battle that is taking place. The battle is the same battle that Adam and Eve faced: the battle between believing God or believing the lies of the enemy. Some of us don't really know what God has to say in His Word about us, about our lives and about Him. We may have been told all sorts of lies about God making His path seem unpleasant or even scary. In the back of this



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workbook are something called 'Truth Treasures'. These are verses from God's Word about you and your life. **You can begin to place God's markers along the path in your life by putting His Word in your mind.** Start by reading these verses several times a day. Choose one verse that stands out to you and try to memorize it. God's Word is not just encouraging, it is powerful. We will learn later in the workbook that God's Word has the power to destroy the lies of the enemy. Every marker that the enemy has placed along our paths can be torn down and removed from our lives.

In closing, ask God to show you one marker that the enemy has placed along your path. Write down the lie and then write a prayer to God. Ask God to help you recognize every time you hear that lie and to help you see it as a lie. If you would like to take the next step in overcoming that lie, then choose a verse from Truth Treasures and when you are told that lie, then think of that verse. Begin to replace the lie with God's truth. As you begin to experience healing in your life, that lie will lose its grip on you and God's truth will feel right at home in your heart.

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## Truth Treasures

I am blessed and surrounded by God's favor (Psalm 5:12).

The Lord is at my right hand, I will not be shaken (Psalm 16:8).

I am the apple of God's eye (Psalm 17:8).

Because I look to the Lord, I am radiant and my face is never covered with shame  
(Psalm 34:5).

I am fearfully and wonderfully made (Psalm 139:14).

Nothing can separate me from the love of God in Christ Jesus (Romans 8:38-39).

Because I love God, He is working things out in my life for my good and His purpose  
(Romans 8:28).

The Lord delights in me; He will quiet me with His love and rejoice over me with  
singing (Zephaniah 3:17).

The Lord is the potter and I am the clay – the work of His hands (Isaiah 64:8).

My name is engraved on the palm of God's hands (Isaiah 49:16).

I am God's treasured possession (Deuteronomy 7:6).

God has lavished His great love on me and I am His child (1 John 3:1).

I have been called out of darkness and into God's wonderful light to praise Him  
(1 Peter 2:9)

I have been marked and sealed with the Holy Spirit who is a deposit guaranteeing my  
inheritance (Ephesians 1:13-14).

Christ set me free so that I could live in freedom (Galatians 5:13).

God is my Father and I am His child and He has made me His heir (Galatians 4:6-7).

The Lord is with me to fight for me against my enemies to give me victory  
(Deuteronomy 20:4).

God gives me His abounding grace so that I can abound in His good work  
(2 Corinthians 9:8).

God's grace is enough for me because His power is made perfect in my weakness  
(2 Corinthians 12:9).

I have been given every spiritual blessing in Christ (Ephesians 1:3).

God chose me and I am holy and blameless in His sight (Ephesians 1:4).

God's word is in my mouth and in my heart so I may obey it (Deuteronomy 30:14).

I am no longer controlled by my sinful nature but by the Spirit of God (Romans 8:9)

I am a New Creation! I have been given a new life in Christ (2 Corinthians 5:17).

God's love for me is great; His compassions never fail; they are new every morning  
(Lamentations 3:22-23).

The Lord has given me authority to overcome all the power of my enemy (Luke  
10:19).

God showed he loved me by sending Jesus to die for me when I was living in sin  
(Romans 5:8).

There is no condemnation for me because I am in Christ (Romans 8:1).

I have been given the mind of Christ (1 Corinthians 2:16).

I have not been given a spirit of fear, but of power, love and a sound mind  
(2 Timothy 1:7).

I am God's workmanship, created for good works (Ephesians 2:10).

God loves me so much that He sent His only Son to die for me (John 3:16).