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Daily Devotional - Sunday, July 3, 2022 - Breaking Your Chains

JULY 03RD 2022 BY DEE LOFLIN

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To get the most out of this devotion, set aside time to read the scriptures referenced throughout.

The word captive conjures up some very specific imagery. Usually, it includes a person wearing shackles or someone being thrown into a dark prison. But the truth is, we're all captives to one thing or another. It could be something obvious like drugs or pornography, both of which do great harm and keep us from glorifying God with our bodies ([1 Corinthians 6:18-20](#)). However, there are thousands of things, many of them seemingly harmless, that keep us from the true freedom Jesus provides. (See [Luke 4:18](#).)

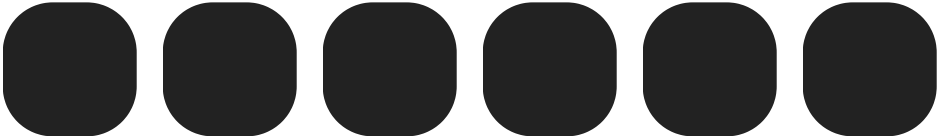
Perhaps you are captive to praise and suffer whenever you feel overlooked. Or it might be that you crave success and spend too much time striving for wealth or power. Yes, even good things like hard work and relationships can keep us in bondage if we're not careful. But thankfully, Jesus came to set the captives free—all of us.

Think about it

- Think about places in your life where you aren't truly free. This will require some time spent in prayer and meditation. (You can also use a journal if it helps.) Figure out where you are being restrained, and ask God to help you shake off those bonds.

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