

Experiences from Which Jesus Can Liberate You

- A negative attitude toward the worth/purpose of life.
- Fear of becoming close to those who are special to you, have hurt you in the past, or frighten you.
- The pain of being told you are "nobody" and that "everything you do is wrong."
- The pain of loneliness and failure.
- The insecurity of doing only what is safe because you doubt your ability.
- Pressure to be the best, allowing you to be yourself.
- A lack of self-love, which puts you under the control of alcohol, drugs, and sexual addictions.
- Relationships that are toxic.
- Emotions that keep you from experiencing the joys and pains which cause growth.
- The anger of feeling that to be understood seems impossible.
- The need to "be involved with someone" to feel like you are a worthwhile person.
- Being a child of divorce and being in the middle of something you really don't understand but refuse to accept.
- Inappropriate sexual choices in relationships.