

October 17th-23rd

Faith in the Wild pt. 7: Prison Playlist

In this lesson you will learn three ways to handle the prisons of life.

Intro: Have you ever ended up in a place you didn't plan on visiting? A place that was not in your plans or your dream. The apostle Paul can relate to this experience. While he was on his journey to Rome, his ship was beset by a violent storm and wrecked. He and his shipmates floated ashore upon an island called Malta. As he is drying out on shore next to the fire, a viper comes out of the wood pile and bites him. The snakes in your life will not come out until you get close to the fire. The snakes will try to fasten themselves to you whenever you are close to doing something mighty for the Lord.

I. It's Ok to Admit that You're in a Prison

- A. The first key to getting out of a prison is to first admit that you are in one. So many people of faith refuse to be honest about their situation. They just try to plow through it with positive words and thoughts. Take time to honestly process where you are. Living in denial and pretending to always be good never got anyone out of prison. Paul and Silas took time to process their situation in jail. Then at midnight, they started to sing songs and praise God (Acts 16:25). There was a time period before the praise. We need to do likewise.

II. The Prison Break starts Inside of Me

- A. If the devil cannot distract you, he will do his best to discourage you. In order to break free of the discouragement prison, you must take control of your thoughts, your emotions, and your inner voice. What if your setback is a setup for your comeback? Turn your misery into your ministry. The devil may have you locked down in one area, but don't give him control of your mind, your mouth, or your attitude. The mouth and the mind are your two greatest resources to break out of your circumstances. Take control of the inside so you can shift the outside (2 Kings 20: 2-6). It all starts with the attitude of your heart.

III. Start your Prison Playlist

- A. Choose a playlist of praise and thanksgiving unto God. Sing songs that will lift up your spirits and your faith in the midnight hour. Turn your prison of pain into a prison of praise. Praise will always precede the breakthrough. Worship is the key that unlocks the chains holding you down. Praise paves the way to your victory. Stop worshipping the pain, negative emotions, and the broken heart. Instead switch to praising God and focusing on His goodness. Praise God through your painful times and situations (1 Thess 5:18). When we choose praise instead of a pity party, we show our spiritual maturity and grit.

Discussion Questions

1. Do you feel like you're in a prison in any area of your life?
2. How are you responding to the chains holding you down in life?
3. Do you have a playlist you can go to in your darkest hour?