

**In Christ I Am Set Free**  
**Romans 8:1-30**

THE PROBLEM: We think we are still held hostage by the terrorist (Romans 8:5-6)

**FIVE EMOTIONS THAT CAN HOLD YOU HOSTAGE**

1. Guilt (8:1-2)
2. Anger (8:7-8)
3. Doubt (8:9-11)
4. Fear (8:15-16)
5. Insecurity (8:26-27)

THE SOLUTION: Following the Holy Spirit (8:18-25)

**REASONS TO FOLLOW THE HOLY SPIRIT OUT OF EMOTIONAL PRISON**

1. My future is going to be much better than my past (Romans 8:18)
2. I am not the only one who has been a hostage (Romans 8:19-22)
3. The Holy Spirit is an expert at what He does (Romans 8:23-27)
4. God has a rescue plan (Romans 8:28-30)