





# Locked In, Locked Out, or Locked Up?



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#### Colossians 2

- Col 2:4 And this I say, lest any man should beguile you with enticing words
- Col 2:6-7 As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.
- Col 2:16-17a Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: Which are a shadow of things to come;
- Col 2: 20-21 Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances, (Touch not; taste not; handle not;



# "If ye are dead with Christ"

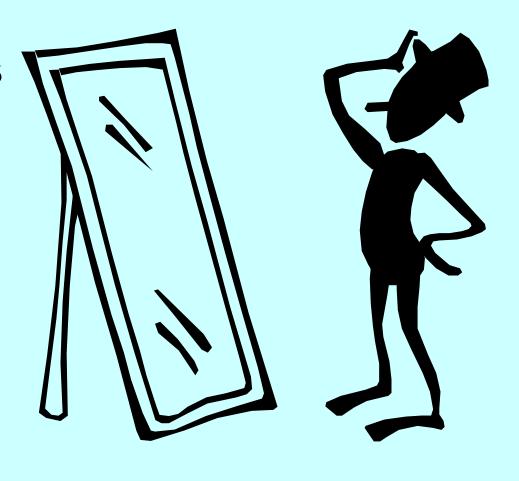
- WHY ??? are ye subject to ordinances,
   "Touch not; taste not; handle not; ..."
- WHY ??? Are you LIVING as though you are:
  - LOCKED IN
  - LOCKED OUT
  - LOCKED UP





## Being LOCKED IN

- Past relationships
- Past behaviors
- Past addictions
- Remember when...
- Satan is happy when you feel LOCKED IN





## Being LOCKED OUT



- You haven't been here long enough ...
- You just got saved ...
- We just don't do it that way here ...
- CHURCH FOLKS are happy to keep you LOCKED OUT!

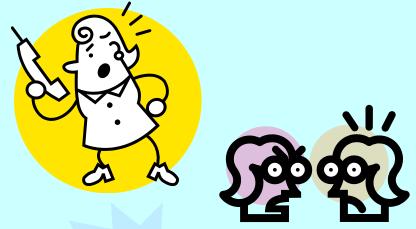


## Don't TOUCH that!

 Beware of the TOUCH NOT TASTE NOT HANDLE NOT

philosophies of this world (which are all just a shadow – a pretense – a smoke screen)

 People are more than HAPPY to give you their RULES to live by!



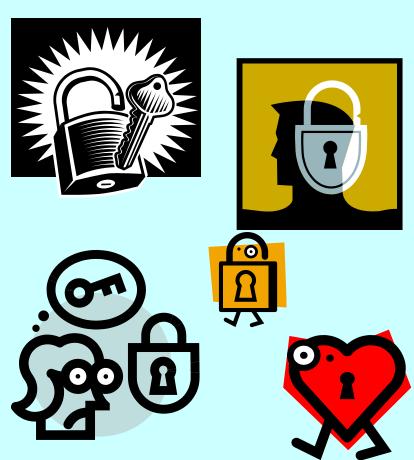




# Being LOCKED UP



 By relationships that are hurtful and humiliating





- Witnessing TOO much
- Praying TOO much
- Singing TOO loud
- Shouting TOO long
- The world is HAPPY to LOCK UP Bold Believer's!





#### JESUS has the KEYS

Revelation 1 and verse 18 - Jesus declares to a lone prisoner

"I am he that liveth, and was dead: and behold, I am alive forevermore, Amen: and have the keys of hell and of death."

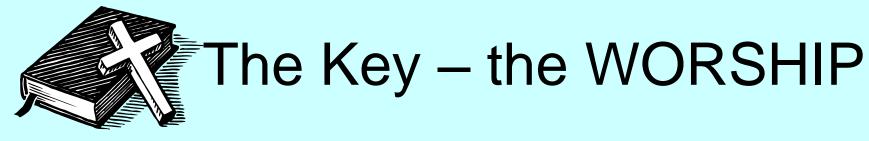




### The KEY – the WORD



- Grab hold to YOUR Freedom Scriptures
  - Phil 4:19 "But my God shall supply all your need ..."
  - John 14:27 "...let not your heart be trouble neither let it be afraid."
  - I John 4:4 "...greater is he that is in you, than he that is in the world"



- Grab hold to YOUR Freedom Songs
  - Standing on the Promises
  - Amazing Grace
  - At the Cross
  - Blessed Assurance
  - God's Way Is Perfect
  - Because He Lives





## The Key – the WE



- Grab Hold to the Freedom in Christian Sisterhood
  - All of US together
  - Working, worshipping and walking in the WORD





## The Struggle Is Over

Wherever you are Whatever you've been going through God says

the struggle is over for you
You've been in this place long enough
And your mountainside has been rough
The struggle is over for you

(Recorded by Youth For Christ)



#### About the Facilitator

- Carmi W. Flood a native of Baltimore Maryland, and a graduate of Michigan State University, presently serves as the Chief of the Office of Faith Based and Community Partnerships for the Maryland State Department of Health and Mental Hygiene Infectious Disease and Environmental Health Administration.
- Carmi has more than 30 years in the field of public health with clinical and training experience spanning mental health, addictions, corrections, youth services and infectious disease.
- Carmi possesses excellent written communication skills and extensive public speaking experience. She is well versed in developing and delivering practical workshop experiences for women and youth.
- Carmi presently serves at St. Timothy Christian Baptist Church in Baltimore, Maryland as a lead Sunday School Instructor.

