

SELF IMPRISONMENT

Bro. Obus Odafe

Background/Introduction

The topic Self imprisonment is to enlighten/make us know that most people live their entire lives in prison, a prison of their own making and unknown to them they are in prison. The causes mental, emotional and spiritual blockades that leaves many feeling locked up, make them slaves to a life that is never fully lived in Christ, a low self-esteem, unforgiving spirit, fear, worry, hatred, lack self-control, anger, disobedient, unbelief etc. These negative actions are toxic and leave many feeling victimized and powerless. These "prison bars" can prevent us from reaching our full potential in life.

DEFINITIONS.

SELF

- An individual person as the object of his or her own reflective consciousness.
- A person's essential being that distinguishes them from others

IMPRISONMENT

The restraint of a man's personal liberty, though this does not always mean that the person is physically locked up in a jail. Prison can be characterized as an impoverished environment encouraging a sedentary lifestyle with limited autonomy and social interaction.

So many people live their lives in prison, not physically but mentally/spiritually, a mental/spiritual prison of their own making that they have accepted to be confined in. You and I are responsible for whether we live our lives in freedom and liberty, or whether we live a life constrained by the chains of self-imposed imprisonment.

Today, many are languishing in prison of their own making without their knowledge. The victims are confined to circumstances or dwell in places of no hope to get out or escape. These prisons are mental/spiritual with physical manifestations.

COMMON REASONS FOR SELF IMPRISONMENT

There are many ways people imprison themselves but unknown to them that they are imprisoning themselves. Sometimes they are aware they feel trapped, even if they do not understand why. Other times they are unaware they have imprisoned themselves. They can't find escape because their senses are so overwhelmed with the dank mustiness of the prison bars. The prison walls are blocking out the view of God around them.

Some common reasons why people are self-imprisoned:

1. Malice
2. Anger
3. Unforgiveness
10. Blame
11. Living with the past
12. Superstitious Believe

4. Worry
5. Hatred
6. Fear
7. Superstition
8. Low self esteem
9. Hatred
13. Lack of control
14. Sin

EFFECT OF SELF IMPRISONMENT

Happiness eludes many because what they believe will bring happiness has enslaved them. When negative thoughts come into your mind, if you dwell on them for any length of time, they begin to take root in your heart. They start becoming your paradigm, or how you look at life. They result to the following

- Hindrance to prayers
- Separation from God
- Limit our spiritual life
- Limit growth
- Limit our potential
- Encourages sin

LIBERATION FROM SELF IMPRISONMENT

Bring my soul out of prison, that I may praise Your name" (Psalm 142.7).

Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.(2 Cor. 3:17)

Freedom is not free! You must take the actions needed in order to free yourself from the chains of self-imposed imprisonment. To begin this process, we need to release ourselves from the prisons we have confined ourselves to. We must let go every bitterness, hatred, fear, low self-esteem, hatred, unforgiven spirit, blame, malice, anger etc.

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison" {NELSON MANDELA}.

Jesus Christ came to set us all free, not only from eternal death, but also from spiritual and emotional imprisonment. Jesus own the key *"The Spirit of the Lord is upon me, because the Lord has sent Me to proclaim liberty to the captives, and the opening of the prison to those who are bound" (Luke 4:18).*

CONCLUSION

Most people live life on autopilot mode, once the habits have been ingrained into the mind they are just repeated day in and day out unconsciously. But you have a choice to go from auto-pilot to decision maker. The decision is yours to remain self-imposed imprisonment and unaware or you can wake up and come to the realization that you have the power to live the life of liberty.

God bless us in Jesus name..... Amen!