



And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him. 1 Samuel 16:23

1. RELIEF WITHOUT FREEDOM

You can experience relief and still remain bound.

- David would play the harp for King Saul, and when he did, Saul would feel relief but Saul was never delivered.
- When David played, the tormenting spirit would leave Saul for a moment but it always came back.
- Saul experienced relief but he never experienced freedom. He felt better but he never got free.

Feeling better is not the same as being free.

You can be soothed and still be bound.

2. RELIEF VS FREEDOM

Most Christians are living on spiritual Aleve.

- We don't want healing, we want numbing.
- We don't want freedom, we want relief.
- Neutralized Christianity settles for relief instead of freedom.
It manages symptoms instead of confronting roots.

3. NEUTRALIZED CHRISTIANITY

For too long, much of the American church has been neutralized: we've been softened, sedated, and spiritually domesticated.

Neutralized means the urgency was numbed & the boldness was diluted.

"Christianity has been watered down until the solution is so weak that if it were poison it would not hurt anyone and if it were medicine it would not cure anyone." Leonard Ravenhill

- Neutralized Christianity is Christianity without confrontation, without repentance, without holiness, and without power.
It's about self-improvement instead of self-denial.
- Christianity is not about becoming a better version of me, it's about becoming a clearer reflection of Him.

4. THE REAL JESUS

The fake Jesus comforts you in your sin. The real Jesus confronts your sin.

5. NEUTRALITY IS NOT AN OPTION

The devil is not neutral, so neither can we be.



- The devil is not neutral about attacking your family, your marriage, your mind, your health, or your finances.
The devil isn't neutral about tempting your purity, so you can't be neutral about guarding it.

6. THE FLESH AND THE SPIRIT ARE IN CONSTANT CONFLICT

"The flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh."
Galatians 5:16–17

7. WHEN THE ENEMY HAS GROUND IN THE SOUL

The issue is never ownership, it's access.

The enemy cannot touch your spirit you belong to Jesus. But he can still gain ground in your soul.

"Do not give place to the devil." Ephesians 4:27
The word "place" means ground or territory.

8. WHAT YOU FEED IS WHAT YOU BECOME

You are what you eat. What you feed determines what grows.

- God designed food to nourish what it resembles. Example: Walnuts shaped like brains nourish the brain.
- What you consume consistently will eventually show up publicly.
You cannot feed on junk and expect good health.
You cannot starve your spirit and wonder why you feel weak.
- If you feed the Word, prayer, discipline, and God's presence; you will begin to look like what you consume.

9. PERSONAL DELIVERANCE

Deliverance is like being in a boat that is filling up with water. You can grab a bucket and work really hard at getting the water out of the boat, but the water is not the problem.

The problem is, there is a hole in the bottom of the boat. And until you plug the hole, you are going to keep getting water in the boat.

"If I do not put to death the things in me which are not of God, they will put to death the things that are of God." Oswald Chambers