

B. Five Symptoms of Bondage.

(Suggested teaching time: 10 minutes)

Definition of Bondage

A spiritual bondage is defined as any thought, attitude, behavior, habit, personal characteristic, substance or relationship that controls, or takes control, of a person's life. Spiritual bondage will most likely manifest in the behaviors listed below:

1. **Destructive Behavior.**

A spiritual bondage ultimately has a destructive impact on a person's life. It damages and destroys our body, our personality, and our relationships. The destructive effects are not always immediate, but they are inevitable.

2. **Disruptive Behavior.**

Bondages disrupt the progress and processes of our lives. They always create unrest, disorder, turbulence, upheaval, and trouble. They interrupt our growth.

3. **Distressing Behavior.**

Spiritual bondages cause us (and others around us) stress, pain, suffering, and misery. They set us up for anguish, anxiety, and grief. They "stress out" our lives.

4. **Dangerous Behavior.**

Bondages often cause people to live dangerously. People who are trapped by certain patterns of sin tend to throw caution to the wind and do foolish, risky things. They fail to think about the consequences; they only think of the pleasure, the rush, the thrill, or the sensual excitement of the moment.

5. **Damning Behavior.**

Bondages curse, condemn, and punish us. Bondages exact their payment through terrible guilt, shame, and self-hatred. They keep us from God. They have a damning effect upon people.

← Show transparency 1-2.

Five Symptoms of Bondage ¹⁻²

1. Destructive Behavior
2. Disruptive Behavior
3. Distressing Behavior
4. Dangerous Behavior
5. Damning Behavior

Make clear that these behaviors are not usually neatly segmented into these five categories, but more often tend to overlap and become tangled.

Point to Ponder

Recognizing symptoms is a prerequisite for diagnosing the problem and pursuing the cure.

Seeing the evidence of bondage is the beginning point for developing a strategy to get rid of it.