

# Breaking Chains 2: The Lies That Lock Us In

**Pastor Chris Fluitt** - February 15, 2026

**Key Scriptures (NIV):** Genesis 3:1–5; John 8:31–32, 44; Romans 8:1–3; 2 Corinthians 10:3–5; 2 Corinthians 5:17; Hebrews 4:16

**Big Idea:** We cannot change the way we LIVE until we change what we BELIEVE.

The enemy locks us in with lies, but Jesus sets us free with truth.

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Welcome back to Redemption Church in Plano Tx. My name is Chris Fluitt and I am happy to see you in the room and glad everyone watching online is with us.

\*Handouts – Raise your hand\*

Let me make this personal.

Before I ever fought a habit, I was fighting a belief.

I believed bad things would always happen because I could never be good enough.

Like life was a test I kept failing — and God was keeping score.

I believed I wasn't worth loving.

Not just that I had done something wrong — but that something was wrong with me.

And I believed my level of living was supposed to be low.

Supposed to struggle.

Supposed to be stressed.

Supposed to be behind.

When you believe that, you don't fight chains.

You expect them.

You build your life around them.

The enemy didn't have to chain my hands.

He just had to shape my beliefs.

## Breaking Chains 2: The Lies That Lock Us In

Today's message is called "The Lies That Lock Us In."

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"Belief" is not just spiritual talk. This is real life. This is measurable.

### Real Life Thought Life Stats

- People average about 6,000 distinct thoughts per day. Because of negativity bias, the majority of our thoughts are negative.

(Thoughts study: <https://www.nature.com/articles/s41467-020-17255-9>)

(Negativity bias overview:

<https://journals.sagepub.com/doi/10.1037/1089-2680.5.4.323>)

- 19.1% of U.S. adults had an anxiety disorder in the past year. About 1 in 5.

(NIMH anxiety stats:

<https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder/>)

- 48.7 million Americans age 12+ had a substance use disorder in the past year. 1 in 6.

(SAMHSA NSDUH report:

<https://www.samhsa.gov/data/report/2022-nsduh-annual-national-report>)

This is a widespread problem.

We are talking about our neighbors, our coworkers, our family, and sometimes us.

And behind a lot of destructive behavior is a short set of beliefs people replay:

“I need this.”

“I can’t.”

“I’m stuck.”

“This is me.”

Behavior is the fruit.

Belief is the root.

We cannot change the way we LIVE until we change what we BELIEVE.

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Turn to Genesis 3 to see how the enemy works.

Genesis 3:1–5 (NIV)

1 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “**Did God really say**, ‘You must not eat from any tree in the garden’?”

2 The woman said to the serpent, “We may eat fruit from the trees in the garden,

3 but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”

4 “**You will not certainly die,**” the serpent said to the woman.

5 “**For God knows** that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

NOTICE THIS...

The serpent did not get them hooked on drugs.

The serpent did not expose them to pornography.

The serpent did not teach them violence.  
The serpent did not hand them a weapon.  
He handed them a thought.  
He introduced a new way of thinking about  
God.

### Three lies from the snake (Genesis 3:1-5)

1. **“Did God really say...?”** - attack God’s Word.
2. **“You will not certainly die.”** - deny consequences.
3. **“God knows...”** - attack God’s goodness and motives.

A new thought changed everything.  
The enemy still works the same way.

### Jesus Makes a Massive Claim

John 8:31–32 (NIV):

“If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”

That is a massive claim.

Jesus doesn't say religion sets you free.

He doesn't say information sets you free.

He says truth — His truth — sets you free.

He isn't offering a philosophy.

He's offering Himself.

Then in verse 44, He explains why this matters:

John 8:44 (NIV)

“You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”

There are lies that enslave.  
There is truth that liberates.  
And the battle is in what you believe.

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## No Condemnation

Romans 8:1–3 (NIV):

**1** “Therefore, there is now no condemnation for those who are in Christ Jesus,

**2** because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

**3** For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh.”

Context: Paul wrote these words to Christians in Rome who lived under

pressure, accusation, and shame. Paul says, “There is now no condemnation for those who are in Christ.”

Notice what it does not say.

It doesn't say less condemnation.

It doesn't say temporary condemnation.

It says NO condemnation.

God condemned sin — not you.

Jesus carried what should have crushed you. And Jesus won!

If you are in Christ, condemnation is off the table. Freedom is on the table.

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And here's the truth - power is also on the table.

You may feel like your thoughts control you.

But listen to what Paul says next.

**2 Corinthians 10:3–5 (NIV)**

3 For though we live in the world, we do not wage war as the world does.

4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

We take captive every thought.

The enemy tries to take you captive with lies.

In Jesus, you don't just get forgiven.

You get authority.

You don't just survive thoughts.

You capture them.

Freedom is on the table.

Power is too.

So what thought has been taking you captive — that you need to take captive?

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## THREE LIES THAT LOCK US IN

### Lie #1 – “This Is Just Who I Am”

It sounds self-aware.

“I’m just wired anxious.”

“I’m just bad with money.”

“I’ve always been this way.”

Here’s why that’s a lie.

2 Corinthians 5:17 says: “If anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Your struggle may be real.

But it is not your identity.

Struggle is something you face, not something you are.

### Lie #2 – “I Will Never Change”

This one comes from exhaustion.

You tried. You failed. You promised. You fell again.

And eventually you start saying, “This is just how it’s going to be.”

But Philippians 1:6 says God finishes what He starts.

Philippians 1:6 He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Growth may be slow, but slow is not stuck.

Transformation is promised.

If God started something in you, He intends to finish it.

### **Lie #3 – “God Is Tired of Me”**

This one sounds humble and spiritual.

“I know God loves me, but He’s probably exhausted with me.”

That lie keeps people from praying, worshiping, coming forward, asking for help.

But Hebrews 4:16 says we can approach God's throne of grace with confidence.

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Confidence.

Not crawling.

Not hiding.

Confidence.

God is not tired of you.

He already dealt with condemnation at the cross.

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**Bold Lies. Bolder Truth!**

Your addiction makes promises.

“This will feel good.”

“This will calm you.”

“This will fix it.”

Maybe for a moment.

Then comes shame.

Regret.

“Why did I do that?”

That promise was a lie.

Anger promises power - it leaves damage.

Isolation promises safety - it leaves  
loneliness.

Here is another major lie we tell ourselves...

“I don't need prayer.”

“I'm fine.”

You barely survived this week.

You lost sleep.

You felt the pressure.

You almost didn't come today...

You don't need prayer? That's a lie.

Every time we gather, we make space to pray and seek God. **Do not miss your moment.**

If the enemy works through lies...

and if behavior grows from belief...

Then what lie has been shaping your life?

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## MUSICIANS

What Lie Are You Believing?

What lie have you been rehearsing?

And what lie is driving the behavior of the person you love?

Stop fighting behavior.

Expose the belief.

Pray for truth.

Speak truth.

When truth replaces the lie, chains break.

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## Three Calls to Action

1. Identify the lie.

Name it specifically.

2. Replace it with Truth. (Scripture)

Not vibes. Not motivation. Scripture.

3. Respond with action right now.

Pray. Come forward. Take communion.  
Do not sit in agreement with a lie one more Sunday.

Jesus did not die so you could live in a mental prison.

Truth is here.

Freedom is here.

Power is here.

So let's stop agreeing with the lie.