



The Prison Door Is Open



Isaiah 61:1 (Amplified) *“The Spirit of the Lord God is upon me, because He has anointed me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and heal the brokenhearted, to proclaim liberty to the (physical and spiritual) captives, and the opening of the prison and of the eyes to those who are bound.*”

This is one of the most exciting promises of God in the whole Bible! It is the key to emotional freedom from the bondage of negative thoughts and behaviors in our life that emotionally cripple us. It’s a liberating promise to heal the afflicted. How many here feel they have been afflicted? Afflicted means having trouble, pain and distress.

How about the broken hearted? How many of you have had to deal with a broken heart? A disappointment so bad you didn’t think you could stand it? God never intended your heart to be broken, when your hopes, your dreams and a part of your innocence were lost forever.

Jesus is here by His Spirit to bind up and heal the brokenhearted and to proclaim liberty to the physical and spiritual captives. *“Now the Lord is that Spirit, and where the Spirit of the Lord is; there is liberty – (emancipation from bondage).”* (2 Corinthians 3:17)



He opens the prison door and the eyes of those who are bound. He knew when He died on the cross that the truth would be revealed to those who were spiritually blind – that He truly was the Son of God, their Savior, whose death and resurrection overcame every evil spirit – and anyone who believes on Him would be set free from the power of sin and the devil; be forgiven and live forever with Him.

When you received Jesus as your Savior, your prison door was opened because He died on that cross so that captives could be set free. Your prison door is open. Yet many people sit in a prison that has an open door all their life, because they’ve not had their eyes opened to see that that prison door is open.

Jesus wants you to be able to get up and walk out of that mental and emotional jail cell. Remember, you must walk out. Walk out in the freedom to be you. Just the way God made you – different from anyone else who ever lived. You can’t be freed if you’re trying to be like someone else wants you to be – or thinks you should be. Most people have so many fears, rejections, insecurities, low self-esteem, low self-worth, that they wouldn’t dare just go out and be who they are because everybody might not like them.

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Jesus wants to set you free and open your eyes to see the truth of who you really are in God's eyes. But, sometimes people hear the truth and for a little while walk out, but then go back into their self-made prison because they have lived in it so long that bondage with suffering feels more comfortable than freedom with choices.



Your prison door is open now, but you must walk out. Jesus will be with you every step of the way. He will help you. And He will never leave you. Coming out requires a change, beginning with the changing of your mind about the way you see yourself and the way you think about yourself and talk about yourself. You've got to be willing to change- even when it's hard.

Jesus is the only answer. A husband or boyfriend is not your answer. Your children are not your answer, a job or career is not your answer, a family is not your answer, even a ministry is not your answer. You have to have something inside of you that you can only get from Him and that's knowing Jesus, knowing who you are in Him, and knowing how much He loves you no matter how many bad things you have done, or how many good things. His love and acceptance are not based on your performance.

Jesus understands our weaknesses and our infirmities and He has compassion on us. He died a painful, tortured death for those infirmities. *"He was despised and rejected by men, a man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him. He was despised and we did not esteem Him. Surely He has borne our grief, sickness, weakness and distress, and carried our pain and sorrows: yet we ignorantly considered Him to be stricken, smitten and afflicted by God. But, He was wounded for our transgressions (sins), He was bruised for our guilt and iniquities; the chastisement to obtain peace and well-being for us, was laid upon Him and with the stripes (beatings) that wounded Him, we are healed and made whole."* (Isaiah 53:3-5 Amp)

Jesus came to heal the oppressed, the downtrodden, the bruised and crushed in their spirit, and those broken down by calamity. That healing is a process, it takes time, but it starts with one little step and that is a desire to be free from emotional bondage. If you love God, and you desire His will in your life, walking out of the prison door can start right now, right where you are.

He has the key to every prison door. He takes ordinary people out of their prison of suffering and turns them into victorious overcomers!



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1. What five things did Jesus come to do? (Isaiah 61:1)

2. How do I know if I'm afflicted?

3. Write down one thing that you are still brokenhearted about. _____

4. How does God feel about your broken heart? _____

5. When the Spirit of the Lord is present, what does He bring? _____

6. How did Jesus' death and resurrection help me today? _____

7. What's the only way to get out of emotional prison? _____

8. What do I have to do to change my thinking about myself? _____

9. Who is the only answer for my situation? _____

10. How can Jesus understand how I feel? (Isaiah 53:5)
(The answer to this question will be your memory verse)

MEMORY VERSE: _____

The Prison Door Is Open

1. What five things did Jesus come to do? (Isaiah 61:1)

Preach the Gospel to the meek, the poor and afflicted.

To bind up and heal the brokenhearted.

To proclaim liberty to the physical and spiritual captives.

To open the prison of those who are bound.

To open the eyes of those who are bound.

2. How do I know if I'm afflicted?

I have trouble, pain, and distress.

3. Write down one thing that you are still brokenhearted about.

(Discussion question)

4. How does God feel about your broken heart? He never intended for my heart to be broken.

5. When the Spirit of the Lord is present, what does He bring? Liberty

6. How did Jesus' death and resurrection help me today? He overcame the power of sin and the devil in my life today.

7. What's the only way to get out of emotional prison? Walk out with Jesus.

8. What do I have to do to change my thinking about myself? Be willing.

9. Who is the only answer for my situation? Jesus.

10. How can Jesus understand how I feel? (Isaiah 53:5)

MEMORY VERSE: "He was wounded for my transgressions, and by His stripes that wounded Him, I am healed and made whole."