

Freedom from the Pharaoh Spirit | Living Free from Drama & Trauma

Romans 9; Exodus 5-14

Exodus 13:4

4 On this day... you have been set free.

Romans 9

14 Are we saying, then, that God was unfair? Of course not! 15 For God said to Moses, "I will show mercy to anyone I choose, and I will show compassion to anyone I choose."

16 So it is God who decides to show mercy. We can neither choose it nor work for it. 17 For the Scriptures say that God told Pharaoh, "I have appointed you for the very purpose of displaying my power in you and to spread my fame throughout the earth." 18 So you see, God chooses to show mercy to some, and he chooses to harden the hearts of others so they refuse to listen.

How to Identify the Pharaoh Spirit:

1. If you pray for something and instead of getting better, it gets worse

Pharaoh doesn't let go easily.

God says, "Let my people go."

Pharaohs takes away straw from bricks.

If you prayed for something, and the exact opposite happens, you're not only on the right path, you're closer to a breakthrough more than you know.

2. Builds magnificent things

Egypt was magnificent.

Just because something looks successful doesn't mean it's healthy.

3. Uses drama and trauma to build toxic, co-dependent relationships.

The Pharaoh spirit is so deceptive and manipulative that it will get you to believe that not only is it your source of provision but also your source of security and love.

4. Key characteristic is a stubborn heart—always right, refuses to listen. No amount of perfect words or a display of God's power will change them.

5. Only wants temporary relief from the consequences of their choices but unwilling to make hard decisions for true change.

6. Knows how to say the right things to keep you around for just one more day

Will trick you into thinking that each time it appears to “give in a little” it is changing when, in fact, the heart is getting harder.

You can't bargain with Pharaoh; you have to sever ties.

How to be Free from a Pharaoh Spirit:

1. See your future
2. God will use your reluctant yes
3. Start with what you have in your hand
4. Put a date on it
5. Decide which pain is worse

Freedom from the Pharaoh Spirit | Just Stay Calm (What to do When Panic Attacks)

Exodus 14:10

they looked up and panicked

Pastor Doug's "untrained" definition of panic/anxiety: Emotional claustrophobia

Some of the triggers can include:

- Overwhelmed (v. 10b)

when they saw the Egyptians overtaking them

- Feeling like "there's no way out" and "I don't have any options" (v. 3)

Then Pharaoh will think ... "they are trapped..."

- Forget where you're going, can't see a better tomorrow (v. 11a)

"why did you bring us out here to die in the wilderness?"

What happens when you start to feel emotional claustrophobia:

- Crave your grave (v. 11b)

"weren't there enough graves for us in Egypt"

- Blame others for your situation (v. 11c)

“What have you done to us?”

- Begin to speak with negativity (v. 12a)

“Didn’t we tell you this would happen?”

- Activates false slave identity (v. 12b)

“Let us be slaves”

Exodus 14:13

But Moses told the people, “Don’t be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm.”

How you can “just stay calm” when panic attacks:

THE LORD HIMSELF WILL FIGHT FOR YOU (14a)

Exodus 14:14a

“The Lord himself will fight for you. Just stay calm.”

Once you’ve severed ties, don’t keep fighting the battles.

Let the Lord fight your battles behind you while you keep moving forward.

Fighting battles behind you will only distract you from walking toward your destiny.

GET MOVING (v. 15)

Exodus 14:13

“Just stand still”

Exodus 14:15

Then the Lord said to Moses, “Why are you crying out to me? Tell the people to get moving.”

“Just stay calm” doesn’t always mean “just stand still”.

In our day of emotional frenzy, with the Pharaoh spirit of drama and trauma running wild, those who remain calm win.

TAKE ONE STEP (v. 21-22)

RAISE YOUR HAND A SECOND TIME (26a)

Exodus 14:26

When all the Israelites had reached the other side, the Lord said to Moses, “Raise your hand over the sea again. Then the waters will rush back and cover the Egyptians and their chariots and charioteers.”

Closed doors behind you are as important as open doors in front of you.

“Whether we like it or not, endings are a part of life. They are woven into the fabric of life itself, both when it goes well and also when it doesn’t. ...For us to get to a new level, a new tomorrow, or the next step, something has to end. Life has seasons, stages, and phases. For there to be anything new, old things always have to end, and we have to let go of them. ...Getting to the next level always requires ending something, leaving it behind, and moving on.”

—Dr. Henry Cloud, *Necessary Endings*

WATCH THE SUN RISE ON A NEW DAY (27a)

Exodus 14:27a

So as the sun began to rise...

Resources:

- [Dr. Henry Cloud, Boundaries](#)
- [Dr. Henry Cloud, Necessary Endings](#)
- [21 Days of Freedom E-Book](#)

Freedom from the Pharaoh Spirit | The One Thing That Can Stop You from Your Destiny

Exodus 15:22-23

Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur.

After you've walked through a season of drama and trauma, you're depleted. You don't have the mental or emotional capacity to make major life decisions. So make sure you're walking with people who are walking in the right direction. Find your tribe.

Exodus 15:22

They traveled in this desert for three days without finding water

After you close the door on the toxic relationship, God will take you through a spiritual detox.

It's revealing the need that He created in you

"I used to get my water from Pharaoh."

"Now I need to learn to get my water from God."

Exodus 15: 23

When they came to the oasis of Marah, the water was too bitter to drink. So they called the place Marah (which means "bitter").

Marah is an oasis. But the water was bitter.

Often it's during times of rest on the other side of deliverance where you have to deal with waves of bitterness from the past season.

A million gallons of water in the Red Sea couldn't stop the Israelites.

A hundred thousand trained soldiers in Pharaoh's army couldn't stop the Israelites.

But one drink of water at Marah could.

The attack of the enemy can't stop you from your destiny.

Your past can't stop you. No obstacle in front of you can stop you.

But drinking in unforgiveness, bitterness, and offense will kill you.

Exodus 15:23-26

Then the people complained and turned against Moses. "What are we going to drink?" they demanded. So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it in the water, and this made the water good to drink.

THERE'S WOOD IN THE WATER!

Father, Your Word tells us that if we forgive those who have sinned against us, then You will forgive us. Today, I choose to forgive. I declare that I will make allowance for each other's faults, and forgive anyone who has offended me. Lord, I remember that You have forgiven, therefore I must forgive others.

Holy Spirit, I ask You to help me to forgive the people who have hurt me. Heal my emotions that have been wounded and teach me how to love unconditionally. Holy Spirit, remind us all of the grace that the Lord has extended toward us. Help me to extend that same grace to others who have sinned against me. Discipline me so that I will not easily take offense. Lord, help me to extend mercy to others and forget the past so that I can move forward toward my future.

Forgiving Father, please forgive me for not being forgiving. Forgive me for holding grudges, thinking evil thoughts, and seeking revenge. Forgive me for hatred and malice. Forgive me for not letting Your love flow through me to others. Forgive me for any gossip, lies, or for rehearsing offenses in my mind.

Exodus 15:26

It was there at Marah that the Lord set before them the following decree as a standard to test their faithfulness to him. He said, "If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you."

Freedom from the Pharaoh Spirit | Give Me Your Ashes

Leviticus 6:12

the fire on the altar must be kept burning; it must never go out.

Leviticus 6:8-11

8 Then the Lord said to Moses, 9 “Give Aaron and his sons the following instructions regarding the burnt offering. The burnt offering must be left on top of the altar until the next morning, and the fire on the altar must be kept burning all night. 10 In the morning, after the priest on duty has put on his official linen clothing and linen undergarments, he must clean out the ashes of the burnt offering and put them beside the altar. 11 Then he must take off these garments, change back into his regular clothes, and carry the ashes outside the camp to a place that is ceremonially clean.

Reasons for Ashes:

1. As a result of sin
2. As a result of purification
3. As a result of attack from the enemy
4. As a result of ministry

Ashes can be a result of sin. But often ashes are the hurt, loss, and disappointments from serving Jesus, from ministry.

People are carrying ashes that they not only have not mourned, they haven't even processed, and not only have they not processed, but they haven't even acknowledged.

What do I do with these ashes?

God says:

“T’LL TAKE YOUR ASHES”

“T’LL TRADE YOUR ASHES”

Isaiah 61

2 He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies. 3 To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory. 4 They will rebuild the ancient ruins, repairing cities destroyed long ago. They will revive them, though they have been deserted for many generations. 5 Foreigners will be your servants. They will feed your flocks and plow your fields and tend your vineyards. 6 You will be called priests of the Lord, ministers of our God. You will feed on the treasures of the nations and boast in their riches. 7 Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours.

God takes:

- Your ashes
- Your mourning
- Your despair

God gives you:

- Crown of beauty
- Joyous blessing
- Festive praise
- Revival and renewal
- Nations and generations

- Restoration of ministry
- Treasure and riches
- Double share of honor
- Double portion of prosperity

“I’LL TURN YOUR ASHES”

Numbers 19:9

9 Then someone who is ceremonially clean will gather up the ashes of the heifer and deposit them in a purified place outside the camp. They will be kept there for the community of Israel to use in the water for the purification ceremony. This ceremony is performed for the removal of sin.

God will turn your greatest hurt, your greatest loss, your greatest disappointment, into your greatest ministry.

Freedom from the Pharaoh Spirit | Regaining Your Strength

Isaiah 40

The enemy is attacking so many with the Pharaoh spirit: the spirit of continual drama and trauma. But we can recognize it and break free!

1. You can't co-exist with Pharaoh. You have to sever ties.
2. Just stay calm. When panic tries to attack, God is fighting for you.
3. Don't drink the water. Millions of gallons of water in the Red Sea couldn't stop the Israelites from their destiny. But one drink of bitterness at Marah could.
4. Give God your ashes. Sometimes ashes come from sin, attack from the enemy, or from purification. But often ashes are the result of ministry. We don't have to live with those ashes. God will take your ashes, he will trade your ashes, and he will turn your ashes into even greater ministry!

Matthew 24:28

Wherever there is a carcass, there the vultures will gather.

Vultures feed on death and decay

Proverbs 18:21

The power of life and death is in the tongue.

Vultures feed on:

Lies

Negativity

Gossip

Slander

“Some people will believe anything if it is whispered to them.” —Pierre de Marivaux.

James 3:3-10

3 If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. 4 Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. 5 So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! 6 And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. 7 For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison. 9 With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. 10 From the same mouth come blessing and cursing. My brothers, these things ought not to be so.

T.H.I.N.K. before you speak

T Is it **true**?

H Is it **honoring**?

I Is it **inspiring**?

N Is it **necessary**?

K Is it **kind**?

Isaiah 40:26-31

26 Look up into the heavens. Who created all the stars? He brings them out like an army, one after another, calling each by its name. Because of his great power and incomparable strength, not a single one is missing. 27 O Jacob, how can you say the Lord does not see your troubles? O Israel, how can you say God ignores your rights? 28 Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. 29 He gives power to

the weak and strength to the powerless. 30 Even youths will become weak and tired, and young men will fall in exhaustion. 31 But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

STOP FLAPPING AND START SOARING

Two important questions:

1. Where are you “flapping”? Where are you spending lots of time, money, energy that is not producing results?
2. Where are you soaring? Where do you feel the wind?

YOU’RE NOT CIRCLING, YOU’RE RISING

DON’T FLY UNDER THE STORM, RISE ABOVE IT

During migration, golden eagles have the ability to detect wind turbines. They adapt their altitude, solving the obstacles by flying over them. Eagles also soar above clouds to avoid extreme weather. They’re well adapted to flying in extreme weather conditions and can fly for hours without losing stamina.