

**BREAK**  
*LOOSE*



# BREAK *LOOSE*

*GEORGE*  
BLOOMER



WHITAKER  
HOUSE

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## **BREAK LOOSE:** **Find Freedom from Toxic Traps and Spiritual Bondage**

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# CONTENTS

Foreword by Rod Parsley.....	9
Introduction: How Did You Get Stuck?.....	11
1. A Woman Who Got Set Free .....	13
2. Take Off Your Graveclothes .....	16
3. Get Out of the Miry Clay.....	20
4. Tear Off Your Scarlet Letters .....	23
5. Your Invitation to a Party.....	26
6. He's <i>Still</i> Turning Water into Wine.....	30
7. The Pit, the Prison, and the Palace .....	34
8. Rescued from Slavery.....	38
9. Applying the Promises.....	41
10. Take Back What the Enemy Stole .....	45
11. Have You Accepted Your Freedom? .....	49
12. Be Loosed from a False Identity.....	52
13. Stand in Your True Identity .....	58
14. Escape from the House of Mirrors .....	62
15. It's Time to Fly .....	67
16. Delivered from Lo Debar .....	70
17. Don't Just Sit There.....	74
18. Freed in the Furnace .....	78

19. Following the Great Liberator .....	82
20. Ready for a New Beginning? .....	86
21. Leave Your Past Behind .....	90
22. Freed from Sin and Shame .....	95
23. Loosed from Old-Time Religion .....	98
24. Freed from Torment .....	102
25. Overcoming Offenses .....	105
26. The Cure for Bitterness .....	109
27. Overcoming Failure .....	114
28. When You Need to Get Unstuck .....	121
29. Steps to Your Breakout Moment .....	124
30. A Quick Fix for Your “Issues” .....	127
31. Break Loose from Sickness .....	130
32. Break Loose from Depression .....	135
33. Break Loose from Fear .....	139
34. Break Loose from Poverty .....	142
35. You Can Be an Overcomer .....	145
36. God’s Plan to Redeem Sex .....	148
37. The Blessings and Dangers of “One Flesh” .....	151
38. Discover the Favor Factor .....	155
39. Access Your Untapped Potential .....	159
40. Liberated by an Earthquake .....	162
41. Trust the Lord of Breakthroughs .....	165
42. Confront Your Giants .....	168
43. How Your Family Can Break Loose .....	174
44. Victory When You Feel Overwhelmed .....	178
45. What’s Still Holding You Back? .....	181

Bishop Bloomer's Spiritual Warfare Dictionary .....	185
Appendix A: Scriptural Principles for Spiritual Purity.....	215
Appendix B: Books for Freedom from Sexual Temptation and Addiction .....	218
Appendix C: Internet Resources for Overcoming Sexual Temptation .....	221
About the Author.....	222





## FOREWORD

**T**he strongest prisons are not those made of concrete and steel, and the worst judgments are never those handed down from a courtroom judge. The most impenetrable fortresses are those constructed by forces such as poverty, sickness and sin. And the most damaging judgments are fear, false accusations, inaccurate perceptions, unfortunate assumptions, a victim mentality, a sense of shame, hopelessness, and many other like conditions.

Jesus saw all of us in our captivity, and came to set us free. In Luke 4:18–19, He said, *“The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to preach the acceptable year of the LORD.”*

God did not leave us in our pitiful state. He came to give us the glorious liberty that the blood of Christ purchased, and that rightfully belongs to the sons and daughters of God. We now have a heavenly habitation as well as an earthly home.

In Ephesians 2:6, it says, *“[He] raised us up together and made us sit together in the heavenly places in Christ Jesus...”* As believers, we understand that we have been granted citizenship in the kingdom of heaven even while we remain here on the earth. But what makes these words even more inspiring is realizing that the apostle Paul wrote them while he was in chains in a Roman prison.

Anyone can sing a tune on a clear day at noon. I want to hear from someone who can talk about being seated in heavenly places when the sludge of a Roman sewer is swirling around their feet.

My friend, Bishop George Bloomer, knows what it is like to be trapped, or *stuck*, in hopelessness and despair. But he also knows the redemptive power of a resurrected Christ to lift up, to restore, and to redeem. His writing does not employ gauzy symbolism or theoretical platitudes. From the crucible of his own life experience, and from the pages of the Word of God, he provides timeless principles that will not only produce freedom, but perpetuate it.

—*Dr. Rod Parsley*

Founder and senior pastor, World Harvest Church  
*New York Times* best-selling author  
Founder, Breakthrough Ministries

## INTRODUCTION: HOW DID YOU GET STUCK?

I used to live up north, where winter snowfalls were frequent and plentiful. After a storm, I often saw cars in a ditch or spinning their wheels alongside a road, going nowhere. *How did they manage to get stuck like that?* I wondered to myself.

Later in my life, I became a pastor, and I soon encountered scenarios that were oddly similar. In my own congregation and everywhere else I preached, I met people who were *stuck* in one way or another. They were spinning their wheels, exerting a considerable amount of energy, but going nowhere in their spiritual lives.

Many Christians have become trapped by addictions. Like a prisoner hauling around a ball and chain, these folks are bound up in drugs, alcohol, cigarettes, sexual perversion, gambling, or the occult.

Other addictions are more subtle. I've found that many people are trapped by debt, hopelessly stuck in their finances. Others seem powerless to improve their health or heal their emotions. And countless people are stuck in toxic relationships that they don't know how to escape.

If you pause right now to look at your own life, what do you see? Are you free to wholeheartedly pursue God's best for you? Or do you find that something is holding you back? Is there some visible or invisible ball and chain hindering you from your full potential?

There are a variety of ways you may have started down the road to spiritual bondage. Perhaps you dabbled in Ouija boards or other

occult practices you thought were harmless fun. Maybe you opened the door to oppression through commonly accepted activities like yoga. Perhaps you developed unhealthy soul ties through an immoral relationship. Or maybe you embarked on the slippery slope of drug addiction through smoking weed with your friends.

The good news is that no matter *how* you got stuck, Jesus Christ is the *Liberator*. He, and He alone, offers the keys to your prison. And when He sets you free, you will be free indeed! (See John 8:36.)

If you desire a greater measure of spiritual freedom in Christ, this book is for you!

I've dealt with some of above things myself, and fortunately I've lived to tell about it. Thank God, He has set me free. And best of all, He has given me powerful keys to share with others who want to find that same freedom.

So are you ready to journey to freedom, my friend? Today could be your day to take the first step out of your chains and into the glorious liberty God has called you to!

# ONE

## A WOMAN WHO GOT SET FREE

One Sabbath day, Jesus was teaching in the synagogue, and “a woman was there who had been crippled by a spirit for eighteen years” (Luke 13:11 NIV). Can you imagine how hopeless this woman must have felt? For eighteen long years, she had endured this debilitating condition.

PERHAPS *you* are struggling with some issue in your life today that has persisted for a long time. You feel as though you’ve tried everything, but to no avail. Like the woman in this story, you still find yourself “*crippled*” by something outside of your control.

It’s no fun being spiritually crippled, but it’s something we’ve all experienced. Sometimes it’s a medical condition the doctors can’t remedy. At other times, it’s the bills that come in faster than the income. And many of us at one time or another have found ourselves stuck in an unhealthy relationship we seem powerless to change.

Thankfully, the Bible says, “*With God all things are possible*” (Matthew 19:26). Even when you’re unable to help yourself and no human has a solution to your problem, God can break through your troubling circumstances and set you free!

The story goes on to say that this woman “*was bent over and could not straighten up at all*” (Luke 13:11 NIV). This is such an apt picture of what it’s like to be burdened down with sin, sickness, or other situations that seem overwhelming. Sometimes the cares of life are simply too much for us to handle, and all we can do is cast our burdens on the Lord. (See Psalm 55:22.)

Notice that the woman was unable to straighten up “*at all*.” Sometimes we still have hopes that we can straighten things out by our own strength and ingenuity. But this woman had come to the end of her own devices. She needed a *miracle*—something only God could do!

Despite her years of suffering, everything was about to change for her in mere moments. Luke 13:12 says “*Jesus saw her*” and “*called her forward*.” Friend, I don’t know what you are going through today. But I *do* know this: Jesus sees you. He cares about you. And He is calling you forward to draw near to Him and receive His healing touch.

After eighteen years of suffering, this distressed woman heard Jesus tell her, “*Woman, you are **set free** from your infirmity*” (verse 12 NIV). The Greek word for *infirmity* is “*astheneia*,” which means to be feeble or have a lack of strength.

Perhaps you can relate!

That’s because the Bible teaches we all were “*without strength*” when living in sin. However, though we were powerless to save ourselves, Jesus demonstrated His love and rescued us. (See Romans 5:6–10.) And just as He forgave us and rescued us from sin at our conversion, He’s ready to deliver us *today* from whatever situation is still hindering us from our destiny as believers.

How long does it take to be set free? It doesn’t have to take long at all! In this story in Luke 13, Jesus “*put his hands on her, and **immediately** she straightened up and praised God*” (verse 13 NIV).

Isn’t that beautiful? Can you imagine the joy and amazement she felt? After being bound for eighteen years, this woman received an *instantaneous* deliverance when Jesus touched her. He straightened up her life in a mere moment, just as He can do for you and me when we come to Him in faith.

Friend, you may have endured some illness, addiction, financial lack, or other problems. Perhaps even for years! But remember: Jesus specializes in miraculous turnarounds. He is speaking His Word to you and reaching out His hand to give you the breakthrough you

need. This may be your moment to rise up and praise God for loosing you from your infirmity!

One final note is very important here. Jesus didn't attribute this woman's crippled condition to natural causes. He said, "*This dear woman...has been **held in bondage by Satan** for eighteen years. Isn't it right that she be released...?*" (verse 16 NLT).

You see, much of the distress we experience in this life is the result of spiritual warfare and attacks from the enemy. In order to be set free in such cases, we must address the root cause and overcome the devil.

The good news is that you can be assured of victory when you follow God's simple instructions: "*Submit to God. Resist the devil and he will flee from you*" (James 4:7). The Mighty One living in you is far greater than any attack against you. (See 1 John 4:4.)

Before we go any further, I encourage you to pause and insert your *own* name in this powerful statement Jesus made to the crippled woman: "\_\_\_\_\_, you are set free from your infirmity." As you allow those words to sink deep into your heart, faith will rise and troubles that have persisted for years will melt away quicker than you can imagine!