

First Baptist Church of Progress Village
“Choices & Chains of Freedom”
Scripture: 1 Corinthians 7:21-23
Todd E. Hammond, Senior Teaching Pastor
June 7, 2026

I. Make daily choices to _____ and _____ your freedom.

1 Corinthians 7:21 (NLT2) *Are you a slave? Don't let that worry you—but if you get a chance to be free, take it.*

A. _____ freedom

Proverbs 22:7 (KJV) *The rich ruleth over the poor, and the borrower is servant to the lender.*

- **Protect Your Finances-** Living _____ my means buys real freedom daily. Financial debt limits my future life choices.

B. _____ freedom

Proverbs 4:25-27 (NLT2) *Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.*

- **Protect your future.** Staying _____ buys me real freedom.

C. _____ freedom

Proverbs 25:28 (NLT2) *A person without self-control is like a city with broken-down walls.*

- **Protect your mental faculties.** Creating emotional _____ and exercising discipline buys me real freedom.

Proverbs 4:23 (KJV) *Keep thy heart with all diligence; for out of it are the issues of life.*

D. VOCATIONAL freedom

Colossians 3:22-23 (KJV) *Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God:*

23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

- **Protect your function.** Spending more energy on my _____ instead of my pockets buys me real freedom.

E. _____ freedom

1 Corinthians 7:22-23 (NLT2) *And remember, if you were a slave when the Lord called you, you are now free in the Lord. And if you were free when the Lord called you, you are now a slave of Christ. God paid a high price for you, so don't be enslaved by the world.*

- **Protect your faith.** Living my life for Jesus buys me real freedom.

PRAYER—God, thank you for the life you have given me. Forgive me for the times I have misused my time and resources with bad choices. Help me to remember the liberty that you died to give me in every aspect of my life. I want to live in freedom from the world and in service to you. Guide my steps to course correct, and stay in your will for me. In Jesus' name. Amen.

June Activities

(See online calendar for complete list.)

www.fbcopv.org/calendar

June 7th -- Communion & New Member Welcome @ 5pm

June 13th – Wellness & Fitness **Chair Aerobics** with Takara- Dining Hall @ 8:00am.
Perfect for seniors and mobile challenged individuals. Take advantage of free session.
Contact Sis. Marlene Carter.

June 13th – Tech Savvy Seniors Workshop @ 11:30am. Contact Dea. Eddie Johnson.

June 14th – New Member Reception, Rescheduled for new date TBD.

June 16th – Men's Fellowship Breakfast. Contact Min. David Hill or Dea. Ed Leonard.

June 19th – **JUNETEENTH: Documentary** screening & panel discussion @ 6:00pm.
Sanctuary. Invite friends and neighbors to this free event which will be insightful.
Contact Sis. Angilen Adkins, Sis. Rechienda Jernigan or Sis. Gale Perry.

June 20th – Clothes & More giveaway of clothing, food, and other items. Location is park next to 8616 Progress Blvd. Contact Sis. Kimberly Troy.

June 21st – FATHER'S DAY

June 27th – Wellness & Fitness @ 8:00am. Contact Sis. Marlene Carter.

Looking Ahead

Vacation Bible School (July) See website and ministry leads for details.



CELEBRATE • REMEMBER • HONOR

Juneteenth!

EXPLORING FREEDOM'S STORIES

— Documentary Screening —
AND PANEL DISCUSSION

FREE TO ATTEND!

FRIDAY, JUNE 19TH | **6:00 PM**

⇒ Light Refreshments Served Afterwards! ⇐

**OUR HISTORY
OUR FREEDOM
OUR FUTURE**

*"A Legacy of Strength.
A Future of Possibilities."*

— ★ ★ FEATURING GUEST PANELISTS ★ ★ —

YVETTE LEWIS	JOSELINE HARDRICK, ESQ.	JUDGE TRAVIS COY	PASTOR WALLACE BOWERS
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★ ★ MODERATORS ★ ★

AL CARTER, RET. COL.	DR. SHAN JOHNSON
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FIRST BAPTIST CHURCH OF PROGRESS VILLAGE
Growing the Church for Global Change

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TODD E. HAMMOND **SENIOR PASTOR**
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MY CONTRACT OF SELF-GOVERNANCE

A Commitment to Living in True Freedom



I acknowledge my life and my freedom
are gifts from God.



I. PHYSICAL UTILITY

I will not allow my body or my mind to be mastered by substances, addictions, or destructive habits. I choose to remain alert and self-controlled so that I may always be the one making my own decisions.

"I have the right to do anything," you say—but not everything is beneficial, I have the right to do anything, but I will not be mastered by anything."

—1 Corinthians 6:12



II. FINANCIAL AUTONOMY

I will manage my resources with discipline, living within my means and avoiding the trap of debt. I refuse to let a lender or a bill become a master that dictates how I spend my days or my energy.

"The rich rule over the poor, and the borrower is slave to the lender."

—Proverbs 22:7



III. EMOTIONAL STABILITY

I will protect my peace by setting healthy boundaries. I will not allow the moods, demands, or manipulations of others to breach the walls of my mind. I am responsible for my reactions; I am not responsible for their choices.

"Like a city whose walls are broken through is a person who lacks self-control."

—Proverbs 22:28



IV. VOCATIONAL INTEGRITY

I will work with excellence and honor, but I will not allow my career or my employer to "own" my identity or my rest. I serve a higher Master, and my worth is not defined by my productivity.

"Am I now trying to win the approval of human beings, or of God? ... If I were still trying to please people, I would not be a servant of Christ."

—Galatians 1:10



V. PERSONAL VALUE

I recognize that I have been bought with a high price. I will not trade my freedom for the approval of others, nor will I submit to an "ownership mindset" from any human being.

"You were bought at a price; do not become slaves of human beings."

—1 Corinthians 7:23

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I CHOOSE FREEDOM. I CHOOSE PURPOSE.

I CHOOSE GOD.

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— So if the Son sets you free, you will be free indeed. — John 8:36 —