

THE 5R LIFELINE

When the old pull returns — five beats of running TO Jesus

This is not self-managed technique. These are five beats of running to the One who already liberated you. The work is His. These beats keep you facing Him.

Pardon was settled at the cross. Liberation breaks sin's ongoing power. The 5R is how you walk in Liberation when the pull tries to reclaim ground that no longer belongs to it.

1R	RECOGNIZE <i>Romans 7:21–24</i> MOVEMENT Notice the pull as a pull. Not a feeling. Not weakness. The familiar return of what Jesus already liberated, trying to look like something new. PRAYER “Jesus, I see this. The old pull is here.” WATCH OUT Do not fight it in silence. Naming is the first beat. Silence is where the pull grows roots.
2R	RECONNECT <i>John 15:4–5</i> MOVEMENT Turn face-first to Jesus before doing anything else. Look at Him. The Engine is right here. PRAYER “Jesus, You are here. I am here. I am with You right now.” WATCH OUT Do not try to solve it first. Do not manage it. Reconnect before you act — every time.
3R	RENOUNCE <i>James 4:7</i> MOVEMENT Speak the specific pull out loud and refuse it. By name. Not a generic refusal. The pull is precise; the renunciation matches it. PRAYER “Jesus, in Your name I renounce [the specific pull]. I am done serving this.” WATCH OUT Do not renounce in shame. This is a refusal of the pull, not a verdict on you. Shame is the pull dressed up as repentance.
4R	REPLACE <i>Matthew 12:43–45 · Ephesians 5:18</i> MOVEMENT Fill the space immediately. Do the daily rhythm right now — not later. Open the Word. Ask Jesus. Receive. Empty space refills with the same pull. PRAYER “Jesus, fill this space. Speak to me. I will not leave this empty.” WATCH OUT Do not just walk away. Walking away is leaving the house swept and empty. Replace, do not just remove.
5R	REPORT & REJOICE <i>Psalms 107:2 · Hebrews 10:24–25</i> MOVEMENT Tell someone within the hour. Text a brother or sister who knows. Thank Jesus out loud. Liberation walked in is liberation that holds. PRAYER “Jesus, thank You. You met me here.” Then send the text. WATCH OUT Do not go silent after victory. Silence is where the lie of “I am still bound” quietly grows back.

IF THE PULL KEEPS COMING BACK

If the same pull keeps winning week after week, the 5R alone is not enough — and that is not failure. Reach out, without shame:

- 1. Sit with your pastor** — prayer across all four areas: Inner Healing, Soul Purification, Physical Healing, Release from Demonic Oppression.
- 2. When the load calls for it, the elders gather and pray over you** (James 5:14–16). The body carries what one person cannot.
- 3. Seek counseling or medical help when it is needed** — grief, trauma, addiction, depression, or a medical root. This is Jesus caring for you through the help He has provided.

The Daily Rhythm Card stays the rail; the 5R is the lifeline within it.