

# GRIP

**GRACE • RIGHTEOUSNESS • IDENTITY  
POWER • PURITY**

*A Bible study & physical workout designed to bring the love, hope, and victory of  
Jesus Christ to the broken, bound, and bruised.*

**Jack'dup4Jesus**

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# GRIP

## Grace – Righteousness – Identity – Power & Purity

*A Bible study & physical workout designed to bring the love, hope, and victory of Jesus Christ to the broken, bound, and bruised.*

**Grip** = To hold; to grasp; to snatch; to clench.

- Whatever you have a grip on, it has a grip on you.  
What has a grip on you? What are you gripping?
- You are imprisoned because **something has or had a grip on you**.  
That grip is an internal grip of your heart, mind, and soul.
- The grip of addiction, the grip of rage, the grip of lust and greed, the grip of pride; **these internal grips became external crimes and destructive behaviors**. They are all a result of **sin**.
- Sin leads to sickness, anxiety, depression, and death.  
Jesus leads to life; an abundant and fruitful life full of love, joy, and peace.
- God sent His Son **Jesus Christ** to die for you and save you from your sins.  
Jesus is the only way to releasing that sinful grip on your life.

**Jesus wants you to lose your grip on sin and grip on to Him.**

If you have not accepted Jesus Christ as your Lord and Savior, you can openly declare and speak this prayer and receive the free gift of eternal life:

Father God, thank you for sending me your Son Jesus Christ.  
I believe that Jesus died for my sins and rose from the dead.  
Please forgive me of my sins.

In my sin I was dead, but now I am reborn and forever alive in Christ.  
Jesus is my Lord and Savior. Fill me with the Holy Spirit.  
In Jesus' name I pray, Amen.

*(If this is the first time you have accepted Jesus Christ as your Lord and Savior, please let us know so we can celebrate with you. We are one family in Jesus Christ and we are here to support you in your growing relationship with Jesus. You are not alone.)*

## Grace

There is NOTHING in your past that disqualifies you from receiving the free gift of grace that Jesus offers you. There is no crime, no felony, no sentence; nothing in this world disqualifies you from this free gift of grace offered to you. Grace pardons you from all crimes for Jesus has already paid the price for your sins.

*“For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God.” – Ephesians 2:8*

## Righteousness

When God sees you, He sees your sin and your wickedness worthy of His wrath and judgment. When God sees you through His Son Jesus Christ, He sees the righteousness and holiness, not your sin, that Jesus freely offers you through grace and belief in Him. The free gift of righteousness

*“God made him (Jesus) who had no sin to be sin for us, so that in him (Jesus) we might become the righteousness of God.” – 2 Corinthians 5:21*

## Identity

When you put your trust in Jesus Christ, you are a new creation. You are a child of God adopted into the family of Christ! The old you (convict, addict, etc.) is dead, your old identity is erased, but you become new and alive in Christ. The world defines, shames, and condemns you by what you have done, but God defines you by what Jesus has already done for you and by what He says about you. His love for you is one of mercy and forgiveness. There is freedom in Jesus Christ.

*“Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.” – John 1:12*

## Power

As a believer of Jesus Christ, the same supernatural power that raised Jesus from the dead, is the same power of the Holy Spirit that resides in you. You can do all things through Christ who gives you strength, but apart from Jesus you can do nothing. Your weakness and brokenness is fertile ground for God to perfect His power through you.

*“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” – 2 Corinthians 12:9*

## Purity

When you surrender your life to Jesus Christ, the Holy Spirit takes residence in you. Although your future is eternally secure, you will still struggle and fight sin. Only Jesus was sinless, but the Holy Spirit will help you sin less as you strive to be more like Jesus. Following Jesus is a life long process that purifies your heart, mind, body, and spirit.

*“All who have this hope in him purify themselves, just as he is pure.” – 1 John 3:3*

# GRIP

What has a grip on you?

God sent His Son Jesus Christ to die for you and save you from your sins.

Jesus is the only way to releasing that sinful grip on your life.

**Jesus wants you to lose your grip on sin and grip on to Him**

- We are all sinners and we live in a fallen and broken world of sin.  
*"for all have sinned and fall short of the glory of God" – Romans 3:23*
- Your own sin takes a hold of you and won't let go. God knows that you can't save yourself nor can anybody save you from the grip of sin.
- Sin leads to death.  
*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. – Romans 6:23*
- So God sent us His Son Jesus to die for us and save us from our sins.  
When you confess with your mouth and believe in your heart that Jesus Christ is your Lord and Savior who was raised from the dead - Romans 10:9
  - Your sins are forgiven - Acts 10:43
  - And you shall not die, but will have eternal life. - John 3:16

**You don't have to understand and grasp all of this to allow Jesus to take a hold of your life. This is not a study to be intellectualized, but to be internalized. A study for your heart, not your head.**

- 1) You surrender & give up. You accept that your way leads to death & destruction.
- 2) Confess your sins, and allow God to get a **GRIP** on you through His Son Jesus.
- 3) God will fill you with the Holy Spirit (Romans 5:5) who will help, guide, comfort, and counsel you in your battle with sin.

God gave all of us one way to be spiritually born again, to have a new life, an eternal life, and His name is Jesus. Jesus is the way, the truth, and the life. - John 14:6  
Jesus is the only WAY to the Father, the TRUTH about the Father, and the LIFE of the Father. Jesus's grip is stronger than any sinful grips of our world.

*Jesus said, "I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand. The Father and I are one." - John 10:28-30*

Jesus gives YOU eternal life; you will never die.

**NOTHING can snatch you away from the powerful and supernatural grip of Jesus!**

# GRACE

.....  
**Grab a piece of paper** and write down all the things you have said or done in your life that disqualified you from going to heaven/having eternal life.

Also write down all the things you wish you would have done or done better that would have qualified you or made you worthy of achieving heaven.

Now take that piece of paper and tear it up and throw it away.

.....  
Why? Because it's a lie. That is not how the Kingdom of God works. Nobody is worthy, **we are all sinners**. There is nothing you can do to earn your way into heaven. Heaven and eternal life is not for "good" people, it's for those who by believing in Jesus Christ, have decided to receive the **FREE GIFT** of grace.

## Grace is a FREE GIFT from God

*"For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God."* - Ephesians 2:8

- Grace is unmerited favor. You can't achieve or earn it, otherwise it wouldn't be free.
- Grace is received by BELIEVING in Jesus, NOT through human effort.
- You cannot lose (your eternal salvation) what has been freely given and accepted.
- Grace is the divine inspiration of God upon your heart and the outward reflection of God upon your life.

Jesus Christ died for your sins: your past, present, and future sins. He paid the price in full. This is redemption. He died the death that you deserved so you can have the eternal life you could never earn. That is how much God loves you!

*"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."* - John 3:16

What other fathers do you know that would sacrifice their one and only son for a wretched sinner like you? NONE.

**There is NOTHING in your past that disqualifies you from receiving the free gift of grace that Jesus offers you. There is no crime, no sin, no felony, no sentence; nothing in this world disqualifies you from this free gift of grace offered to you.**

Whether you are in prison or not, you are a sinner.  
Whether you think you are guilty or innocent, you are a sinner.  
We are all sinners in desperate need of a savior.  
The Good News is that Jesus came to save sinners like you and me.  
Our sin makes us sick. Jesus came to heal the sick, not the healthy.

*“Why do you eat and drink with tax collectors and sinners?” Jesus answered them, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance.” - Luke 5:30-32*

Grace is Jesus saying to you, “I died on the cross for your sins. I died on the cross for the crimes you have committed. I took the punishment for your sins by dying on a cross so that you could live.”

## Repentance

Turn (repent) from your ways which leads to death and turn to Jesus which leads to eternal life. Repentance means to turn from your ways, let go of the grip of pride and self-centeredness, and grip the gracious and merciful hands of Jesus.

When you accept Jesus as your LORD, you turn from your sinful selfish ways and submit and surrender to the loving and protective authority of Jesus who knows what is best for you. He created you, He knows what is best for you. Allow Him to call the shots! Allow JESUS to be your shot caller!

This offer, this gift of grace can be freely accepted, but never earned. Jesus already paid the price for your sins. God, the Father, in His great love and mercy, sent Jesus His Son, who never sinned, as a sacrifice to bear your punishment, to bear the wrath you deserved. The debt is paid in full.

**You are pardoned.** You are free. God the Father, the creator of the universe, loved you so much that He sent Jesus to rescue you. God is worthy of all praise and glory. This is amazing grace!

*“You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” - Romans 5:6-8*

Another translation says it a different way:

“Christ arrives right on time to make this happen. He didn’t, and doesn’t, wait for us to get ready. He presented himself for this sacrificial death when we were far too weak and rebellious to do anything to get ourselves ready. And even if we hadn’t been so weak, we wouldn’t have known what to do anyway. We can understand someone dying for a person worth dying for, and we can understand how someone good and noble could inspire us to selfless sacrifice. But God put his love on the line for us by offering his Son in sacrificial death while we were of no use whatever to him.” - Romans 5:6-8

We are all sinners and we all fall short of God’s glory. - Romans 3:23

Regardless of the crimes you have committed; no matter how great you might think you have messed up your life and others, God’s grace is greater. His grace is sufficient.  
- 2 Corinthians 12:9

You sit behind prison bars, and your mind is imprisoned by the world that tells you that you are no good. One minute you hear the destructive screams of the world; the next minute they are lethal whispers of condemnation. “You have blown it. You are destined to be a nobody. You are unqualified, useless, and worthless.”

.....

**Hold out your hands** and release these lies and deception. Let go of the condemnation, bitterness, unforgiveness, anger, guilt, and shame.

You see when you have a tight grip on the things that are untrue, you can’t receive the free gift of grace that God is offering you. Open your hands and grip the free gift of grace from your loving, merciful, forgiving, compassionate, and patient Heavenly Father.

**Grip and hold on to Jesus.**

Call out to Jesus.

He is your saving grace!

## RIGHTEOUSNESS

- Righteousness is “one who is right” One who is in “right standing”
- Righteousness is the almighty and perfect holiness of God.
- It's God's holy and highest standard of living that sinful man cannot achieve on his own.
- Jesus exchanged our sin for His perfect righteousness by dying on the cross for you.

*“God made him (Jesus) who had no sin to be sin for us, so that in him we might become the righteousness of God.” - 2 Corinthians 5:21*

*“...God put the wrong on him (Jesus) who never did anything wrong, so we could be put right with God.” - 2 Corinthians 5:21*

When God sees us, He sees our sin and our wickedness worthy of His wrath and judgment.

When God sees us through His Son Jesus Christ, He sees the righteousness, not our sin, that Jesus gave us.

Jesus is the only way to God our Father. - John 14:6

How do you think God sees you?

Do you feel unworthy of His grace? Do you feel unqualified?

## Religion vs Relationship

Man created religion; rules and regulations, traditions and rituals.

God created relationship. God is the Father, Son, and the Holy Spirit. The holy Trinity is relational. We were made to be in relationships.

A relationship with Jesus is personal, intimate, close, and liberating.

Religion, on the other hand, can be impersonal, distant, cold, and disappointing.

Man will let you down, God never will.

*“The Lord detests the way of the wicked, but he loves those who pursue righteousness.”*

**Proverbs 15:9**

# Pursue righteousness.

How do you do that?

## 1) Repent.

Turn away from yourself and this world and run to your Heavenly Father

*“Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”*

Acts 2:38

## 2) Seek God first.

Love God with all your heart, mind, soul, and strength.

(Matt 22:37, Mark 12:30, Luke 10:27, Deut 6:5)

*“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” - Matthew 6:33*

## 3) Rely on the strength and power of the Holy Spirit.

Apart from Jesus, you can do nothing on your own. - John 15:5

Those who believe in Jesus Christ have the Holy Spirit residing inside of them to direct them and guide them in their pursuit.

## 4) Live and walk in the Spirit, not in the flesh.

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.” - Galatians 5:16-26

## IDENTITY

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” - **2 Corinthians 5:17**

### **Who you are in Jesus Christ is what defines you.**

Do not let this world define you or label you. The world will condemn you, discourage you, and tear you down. The world defines you by what you have done, your behavior, and what you say. The world showcases your sin.

God loves you. He created you. He will encourage you and build you up. God defines you by what Jesus has already done for you and by what He says about you.

You are not a criminal. You are not a convict. You are not a felon. You are not a nobody.

Who and what do you listen to?

Do their words lift you up or tear you down?

Do their words encourage you or discourage you?

Do their words instill love or fear?

(Who and what you listen to can greatly influence how you perceive yourself. The world will condemn you. In fact, Jesus said if you love Him, the world will hate you. Do NOT listen to the condemnation of the world.)

### **Listen to God's words (Bible), your Father's voice (Prayer & Worship), NOT the world's.**

God says you are significant. You are God's masterpiece.

*“For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” - Ephesians 2:10*

In the family of believers; for those who accept and believe that Jesus Christ is their Lord and Savior, you are not a nobody, you are everything to God our Father.

You are God's son.

You are a child of God.

You are family.

You are chosen.

You are a saint.

You are an heir to the Kingdom of God.

**You are a child of God.**

*“Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—” John 1:12*

**You are His.**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;” - 1 Corinthians 6:19*

**You are a chosen son or daughter of the King. You are adopted into the family of God.**

*“For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—”- Ephesians 1:4-5*

**You are forgiven. Your sins are forgotten. You are pardoned of your crimes.**

*“and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.” - Colossians 1:12-14*

**You are not condemned. Not now, not ever.**

*“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.” - Romans 8:1-2*

**You can accomplish much. You are not a failure.**

*“For I can do everything through Christ, who gives me strength.” - Philippians 4:13*

**You are loved.**

*“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”*

*- Romans 8:38-39*

The devil is a liar. He will deceive you. He will scream and he will whisper lies telling you that you are not good enough for God’s love. He will tell you that you have blown it. Those voices in your head are not the truth.

**Declare this out loud**, “The devil is a liar. He does not define me. God loves me. That is who I am. I am a child of God! Thank you for sending your Son Jesus to save me!”

God the Father looks at YOU with open arms for YOU are His beloved and precious child. **Run to the Father and GRIP onto His embrace.** The Holy Spirit will fill you with the love and truth of who you are in Christ Jesus.

## POWER

As a believer of Jesus Christ, the same supernatural power that raised Jesus from the dead, is the same power of the Holy Spirit that resides in you. You are a temple of the living God.

*“But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.” - Romans 8:10-11*

“Don’t you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God’s temple is holy, and you are that temple.” - 1 Corinthians 3:16-17

- The power of the Holy Spirit gives you supernatural strength. Apart from Jesus you can do nothing, but with the Holy Spirit you will do GREATER things.

*“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.” - John 14:12*

*“I pray that out of his glorious riches he may strengthen you with **power** through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.” - Ephesians 3:16-17*

- As one body in Christ, you have collective power and strength with the body of believers. Power that is rooted in love.

*“And I pray that you, being rooted and established in love, may have **power**, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” - Ephesians 3:17-19*

- The Spirit of God’s power works in you to accomplish more than you could ever imagine. Not just in your lifetime, but in your children’s lives, and endless generations to come.

Now to him who is able to do immeasurably more than all we ask or imagine, according to **his power** that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” - Ephesians 3:16-21

## **Your weakness and your brokenness is fertile ground for God to grow and perfect His power through you.**

*“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” - 2 Corinthians 12:9*

Humble yourself, empty yourself, and **trust Jesus** so that you can be filled with the Holy Spirit becoming a conduit of His power. Power that floods your heart and mind with joy and peace that the world cannot provide. ONLY God can give you joy and peace.

## **The world gives you temporary happiness; God gives you eternal joy!**

.....  
List all the things that you have or had which you thought would make you happy.  
How long did that happiness last?

.....  
Take that list and declare this in the name of Jesus:

“The things that I own do not make me happy, they are temporary.  
They are here today, gone tomorrow.  
I no longer grip on to them.  
They no longer have a grip on me.  
I grip on to Jesus.  
Jesus is eternal. His love, joy, and peace will never leave me.  
This is what I grip on to.”

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” - **Romans 15:13**

When you rely on God’s unlimited supernatural power instead of your own limited natural power you realize the fullness of God’s love and your transformed life will glorify God.

## How do you tap into and maximize the power of the Holy Spirit?

**1) The Word of God:** It's crucial, not optional, that you read the Bible daily.

- Scripture is God-breathed, Spirit filled truth that will train you in righteousness.
- God's Word teaches you, instructs you, guides you, and reveals the true character of the God that has given you the free gift of grace.
- God's Word shows you and reminds you of your identity in Jesus Christ.
- Listen, study, memorize, and meditate on God's Word for it will transform you, it will renew your mind, and equip you for every good work. (2 Timothy 3:16-17)
- God's word is the sword of the Spirit that will guard and protect your heart from sinful temptation, the devil, and the unseen spiritual battle you are battling.
- Our spiritual food: Jesus, the Word made flesh, said, *"Man shall not live on bread alone, but on every word that comes from the mouth of God."* (Matthew 4:4)

**Being filled with God's Word will maximize the infilling power of the Holy Spirit working in you and through you which will glorify God.**

**2) Prayer:** Listening to God and communicating with your Heavenly Father. You have 2 ears and one mouth. Listen and He will lovingly communicate with you. He wants to hear the desires of your heart. He will give you what you need.

**3) Obedience:** God's commands are not meant to be followed out of obligation, rather out of love because the God who created you knows what is best for His children. When we follow His commandments, we are protected and provided for. Jesus said, *"if you love me, keep my commands."* (John 14:15)

*"If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"*  
- Matthew 7:11

**4) Worship:** We worship our Heavenly Father because He alone is holy and worthy of all our praise and worship. When we worship God, we give Him back the breath that He gives us. He provides everything that we have and everything that we need. He gives us the Holy Spirit which gives us the POWER to everything in the name of Jesus. You can do everything through Jesus Christ who gives you strength.

*"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship."*  
- Romans 12:1

Grace - Righteousness - Identity - Power & Purity

# PURITY

*"Blessed are the pure in heart, for they will see God."*

- Matthew 5:8

- When you receive the free gift of **grace** through faith, through believing in Jesus Christ as your Lord and Savior, you receive the **righteousness** of God through His Son Jesus Christ. You become in right standing with God.
- Your old **identity** is gone, and your new identity is in Jesus Christ. You are a new creation. You are now spiritually reborn and alive, adopted into God's royal family. You are His beloved child and heir to His throne.
- When you accept Jesus, the Holy Spirit takes residence in you giving you **power** and strength, counsel and comfort, guidance and correction, to help you strive to be more and more like Jesus. Apart from Jesus, you are powerless. Grip onto the power of the Holy Spirit for He breaks the bondage of sin in your life.

When you become more like sinless Jesus, you sin less and your heart, your mind, your body, and soul become **purier**. God refines the impurities of your heart. This is what following Jesus is all about. A lifelong process, under construction, where each day God's mercies are new and His grace is sufficient as the Holy Spirit guides you to become the man or woman that God has created you to be.

***"Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."***

- 2 Corinthians 7:1

Loosen your grip and let go of the things of this world that are toxic, the things that contaminate your heart and your mind. ONLY JESUS can purify your life. **Grip on to Jesus** and let go of the evil and destructive things of this world. Jesus wants to purify you! The Holy Spirit gives you the power to break the power of sin in your life. He gives you the power to walk in His Spirit, not in your weak flesh.

*"Create in me a pure heart, O God, and renew a steadfast spirit within me."*

- Psalm 51:10

Purity of heart is transformation of the heart. The pure in heart will see God! Once you were blind, but now you can see! You can see the goodness of the Lord! You will see the wonderful things God provides for you.

*"How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you."* - Psalm 119:9-11

## Counting The Cost

- Following Jesus is not easy. It can be simple, but not easy.
- God says to love Him with your whole heart, soul, mind, and strength. (Mark 12:30)
- And to love others. (Matthew 22:39)

*“But small is the gate and narrow the road that leads to life, and only a few find it.”*  
- Matthew 7:14

The path is small and narrow and few find it because **following Jesus is not easy**. You have to “die to your self” daily and “carry your cross” which means you have to deny yourself and surrender all your ways and all your desires and submit your entire life to Jesus. When He is Lord of your life, His authority alone commands, directs, and guides your life. The Holy Spirit residing in you will help you supernaturally because you can’t do it without Him.

- Apart from Jesus, you can’t do anything on your own. (John 15:5) You have experienced what life is like when you do your own thing. It has led you to where you are now. A life without Jesus is an empty unfulfilling life of death and destruction.
- Jesus has also given you the church, His body, to help you follow Him. The church will help you, encourage you, equip you, and love you. The church is your family.
- And if Jesus is Lord of your life, you have to be fully committed.  
*“No one can serve two masters”* - Matthew 6:24

Our intention here is to create realistic expectations for you as a Christ follower. Jesus says it will not be easy. **“Grip” may sound like a simple recipe or an easy formula, but the reality is there are no easy steps to following Jesus.** It will be the most rewarding, yet hardest thing you will endure and do here on earth. But it will be worth it. The joy you will experience is heaven on earth. The reward is everlasting and eternal!

Jesus says if you love Him, the world will hate you. (John 15:18)

- You will be persecuted for following Jesus. When you follow Jesus, you are declaring war against the world. There is an unseen spiritual battle that you will be fighting.
- **The good news is Jesus already won the battle.** He died on the cross for you. He defeated death, so that you could have life, eternal life. Although the journey will be a life long battle full of sin, failures, persecution, suffering, disappointment, setbacks, and difficulty, you can run the race with full confidence and perseverance knowing Jesus has already secured **victory** for those who love Him!

# FRANCO SANTORIELLO



Franco Santoriello was one of the biggest name bodybuilders of his time. Undoubtedly the best teenage bodybuilder in America. Franco defeated some of the greatest in the sport's history to earn his pro-card. However, after becoming a professional athlete, Franco traveled the world showing off his physique, but never reached his full potential due to drugs.

What started off as experimenting with marijuana and alcohol as a teenager turned into a full-fledged drug addiction. Cocktails of drugs including opioids, cocaine, heroin, crack, and crystal meth brought Franco face-to-face with death twice. The first time was when he overdosed from heroin, and the second time was when he flat lined from a widow maker heart attack.

Losing the will to live, Franco was hospitalized for suicidal tendencies shortly after his father took his own life. His destructive lifestyle led him to being suicidal, unemployable, homeless, and into the depths of drug addiction, which ultimately earned him a three-year prison sentence.

In prison, Franco surrendered his life to Christ, allowing God to rebuild and transform him into the man he is today and to find out his real purpose. That purpose to encourage, motivate and inspire the broken, bound and bruised with the same dedication and drive that made him world famous. This led to the formation of Franco's passion and calling - Jack'dup4Jesus ministry.



Our mission is bringing the Gospel of Jesus Christ which is a message of love, hope, and victory to the broken, bound, and bruised.

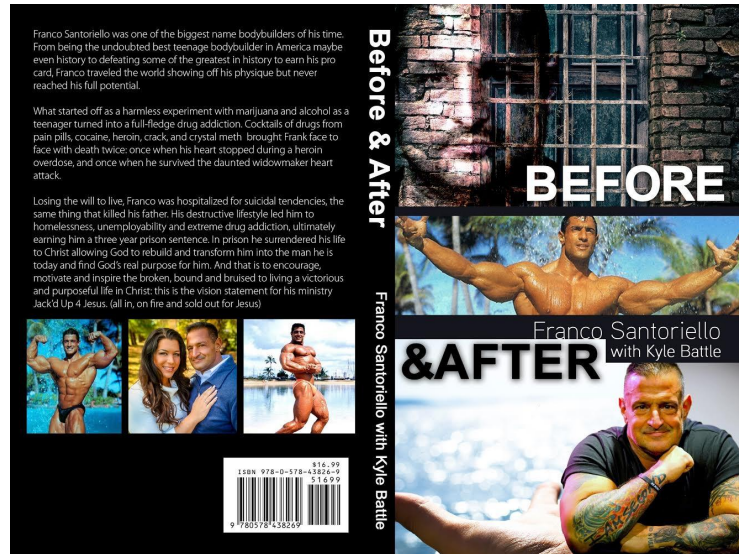
Franco Santoriello's personal testimony is one of redemption, restoration, and radical transformation. His old life of addiction, depression, and selfish pride is now a life of freedom and abundant joy blessed with the opportunity to serve, encourage, and equip those in need of the same grace and healing he has received.

Currently partnered with several local and national prison ministries:

Prison Fellowship  
Bill Glass Behind the Walls Prison Ministry  
Alpha Prison & Re-entry

Speaking and serving alongside local churches, ministries, and treatment centers:

Branches Church (Loveland, OH)  
Hamilton Dream Center (Hamilton, OH)  
Three Waters Recovery Center (Goshen, OH)  
Genesis Center of Excellence; Life and Recovery (Hamilton, OH)  
Celebrate Recovery (Greater Cincinnati area)



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**BEFORE & AFTER** is Franco's true life story about one man's journey to heal his brokenness that started in his early childhood. Jesus Christ was the only answer to finally release him from his addictions and the prison cell that held him captive.

This book will inspire anyone with any kind of addiction to be set free through God's healing and delivering power. There is love, hope, and victory in Jesus, and Franco's story proves it!

*"On January 26, 2019, Franco did a 4-part program for our facility. It was simply amazing. We had over 160 inmates participate. Franco and his ministry team brought a POWERFUL message of hope and deliverance like I have never seen before.*

*His book about his life titled "Before and After" has become the most demanded book I have ever seen in my 38 yr. corrections career. If you are looking for a program that will truly impact a life, I urge you to contact Franco at [jackdup4jesus@gmail.com](mailto:jackdup4jesus@gmail.com)." - Major Sam Beard, Jail Commander, Jeffersonville, IN*

**[www.FrancosMinistry.com](http://www.FrancosMinistry.com)**