

Deny Yourself.

A six-week guided practice in laying down our lives and taking up our Christ

Lesson 5: Freedom.

Introduction...

The message of the Gospel of Christ Jesus is one of freedom. Ultimate freedom is not earned, but given as a grace from the Creator. The Apostle Paul writes many times in many of his letters to churches in the ancient world about such freedom. As we approach Palm Sunday and prepare ourselves to again witness and testify to the captivity and humiliation our Savior bore for us before his death, let us keep our eyes focused ever on the true freedom He bought for us in his resurrection.

Scripture Focus...

From Paul's letter to the Galatians, Chapter 5, verse 1:

“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.” (NRSV)

Meditation...

Regardless what you are being held in slavery/bondage/captivity of, each of us feels at times we are not totally free. Anxiety, stress, appearance, drugs or alcohol, toxic relationships - there are many things that seek to keep us in chains. Using the link below, make time to follow this guided practice in letting go and finding freedom in Christ.



<https://www.youtube.com/watch?v=zvG1H3muCQQ>

Prayer:

Holy God, let me be filled with the power of your presence, upheld by your strength, and set free from my own anxieties and worries. Let me be emptied of all that would stand in Your holy way. **Amen.**