

The Path of Freedom

Ready:

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

Set

Texas Rangers All-Star Josh Hamilton's career was initially derailed by the abuse of and addiction to drugs and alcohol. After several stints in rehab, he was still unable to escape those vices under his own power.

Josh admits that at the time, he didn't realize how he was hurting those closest to him as his life revolved around satisfying his cravings for more. Once he hit bottom at his grandmother's home in 2005, his heart was opened to God's love and how much he needed Christ's help to overcome his addictions and heal the brokenness in his life.

Substance abuse can take on different forms, including drugs (illegal and performance-enhancing), alcohol, tobacco and numerous other things. But the answer to addictions and substance abuse of any kind can only be found by embracing the life and sacrifice of Jesus Christ. Paul encourages in 2 Corinthians 3:17 that through the powerful Spirit of the Lord we can receive the true freedom He desires for us.

Like Hamilton, we may not be able to overcome substance abuse and addiction under our strength, but with Christ as our focal point and the support of Christ-followers we can begin walking down the path to freedom and recovery. Just like the path of addiction, the road to recovery is long. But once we understand we can never overcome our sin-filled nature on our own and accept Christ's sacrificial gift of grace and forgiveness in our lives, we can experience freedom in every area of our lives.

Go

1. Are you allowing anything in your life to become all-consuming to the point of addiction? If so, what?
2. How has your relationship with Christ provided you freedom from sin?
3. If you are struggling with substance abuse or the like, who is a trusted friend or mentor with whom you can share your struggles? Commit to sharing with them today.

Workout

Psalm 73:23-26, Philippians 3:7-21, Hebrews 12:1-2

Overtime

Father in Heaven, even though I realize my life and everything in it is Yours, I oftentimes place other things at the center. I pray that through Your Son I can be loosened from the chains that are holding me back from receiving Your blessings. May all I have be Yours, and may I focus on You being the center of my life. Amen.

(If you are currently in the middle of an addiction of any kind, reach out to a trusted friend for help and accountability.)



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