

## **Understanding Galatians 2: Living Trust**

### **Ready:**

"My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. I do not treat the grace of God as meaningless. For if keeping the law could make us right with God, then there was no need for Christ to die." Galatians 2:20-21

### **Set**

What parts of your life feel like they are dead, lifeless, and of no value? Do those parts of you, your old self, still nag you to obey them? Old habits, dead feelings, lifeless memories, and similar things have been crucified with Christ. They have no real power.

Your old self no longer lives, rather the risen Christ Jesus is alive in you and energizes your brand-new soul. This is the power of living by trusting in God's Son. He loved you and gave Himself up for you.

Trust the Lord Jesus to empower your life: body, mind, and spirit, and to quiet the lying whispers, shouts, and demands of your old, dead self. It has no real power. Your life is in Christ who lives in you.

### **Go**

1. What parts of your life feel like they are dead, lifeless, and of no value?
2. How do those dead and lifeless parts of your old self still nag at you?
3. When do you sense the power of Christ living in you?
4. How do you express your trust in God's Son through your life in sport?

### **Workout**

Colossians 1:27; Galatians 5:16-23; Colossians 1:21-22

### **Overtime**

"Father, my old self is dead, and I am thankful for Your having crucified it with Jesus. I am living by trusting Christ, day by day, growing in Your love and guidance. I commit this day to You. I trust You to live Your life through me. I pray and trust in Jesus' strong name, Amen"

**Bible Reference:**

Galatians 2:20-21

Colossians 1:27

Galatians 5:16-23

Colossians 1:21-22



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