

## Running Free

### **Ready:**

“I run in the path of your commands, for you have set my heart free.”  
-Psalm 119:32 (NIV)

### **Set**

I used to hate running. Yet, somehow, I would always find myself in a race—a race against time, a race against myself. I’d be running from truth, running from pain, and of course, physically running. I’d pound my feet into the ground, my steps like the beat of a drum to a song too fast, too loud and too chaotic for me to understand.

God’s given me a love for running now. Nothing crazy like it was before, but every time I go on a run now God comes through for me. I learn the most from Him when I’m outside enjoying His presence as I run.

As I ran this morning, I realized that I didn’t recognize the beat. I wasn’t running to the familiar drum I was used to. My feet had a new, slower song, but a good song all the same. As I ran I noticed God’s glory all around me in the trees, the flowers and the grass. It was beautiful! But it didn’t stop there. God’s been teaching me that everything He makes is beautiful and can bring Him glory. The trees glorify God just by BEING. They don’t DO anything. All they do is grow and glorify God. And I’ve been learning that too. I don’t have to DO anything to be a pleasure to Jesus, He loves me just because He CREATED me. All I have to do is BE His creation, and I can bring Him glory.

As I thought about all that, God showed me something else. Everything He makes grows UP. The grass grows up, flowers bloom up, and trees grow high and mighty, their branches extending into the skies. I thought about how much I look down and how much I let my arms stay by my sides. It might have seemed strange, but I lifted my arms toward the sky and praised God. I’m sure the neighbors thought I’d lost it (again...hahaha), but I knew that was something I had to do. God needed to be praised right then and there. So, I ran singing praises with my arms in the air, and I started dancing and singing.

By now if anyone was watching they were probably sure I was crazy, twirling around with my arms up and head facing the sky, but I didn’t care, because, let me tell you, I probably had a bigger smile on my face than I’ve had in a long time. Jesus made me so happy! And it brought such a peace to dance with joy in the middle of God’s beautiful world, surrounded only by trees and grass, and to just know that, no matter what, everything was and is going to be okay.

Soon, a song called “I’m Still Yours” came on my iPod, and the words completely said everything I was feeling. “If I lost it all, would my hands stay lifted to the God who gives and

takes away. If You take it all, this life You've given, still my heart will sing to You..." I thought how awesome it was that even if everything in my life was stripped away, my hands would remain lifted because Christ had given me all that I am. Give or take away, it's fine. I will still have Jesus, and He's all I need. Everything else I have is unexpected gain.

Today, my hands will stay lifted, and my heart will continue to sing to my Jesus, my Savior, my Father, my King. Praise God.

## Go

1. When was the last time you felt such freedom in Christ?
2. Are you at peace? Why or why not?
3. If everything in your life was stripped away, would you still praise Him?
4. What do you need to lay before Him in order to receive His freedom and peace? What do you need to surrender to Him today?

## Workout

Psalm 19

Psalm 150

Galatians 5:1

Hebrews 12:1



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