

## **Relentless Freedom - I Pursue Life**

### **Introduction**

When an athlete is described as being free, it usually means he or she is competing without restriction, boundary or compulsion. They are running free and easy. They are making this look easy. That team is in the flow. We, too, can experience similar freedom in our lives and relationship with Christ Jesus.

### **Application**

1. What are some sporting situations that can cause you to feel: Disappointment? Frustration? Guilt? Shame? Legalism?
2. How do your coaches or teammates help you deal with these powerful and sometimes enslaving emotions?
3. What do you suppose is God's approach to how we handle these matters?

### **Bridge**

1. God's attitude toward our battles with powerful emotions is clearly stated in Galatians 5:1: *"Christ has liberated us to be free. Stand firm then and don't submit again to a yoke of slavery."*
2. How can shame and guilt turn into chains of slavery in our lives? What has Jesus done to free us from those things?
3. Later in the same letter, Paul makes a distinction between real freedom and doing whatever we may please. Hear this from Galatians 5:13: *"For you were called to be free, brothers; only don't use this freedom as an opportunity for the flesh, but serve one another through love."*
4. What would it look like for someone to abuse his freedom and to thereby harm himself and his teammates?

### **Connection**

1. Who among your team has experienced this sense of being liberated from something? Tell us about it.
2. How does being free make one better able to lovingly serve his teammates?

### **Discovery**

Describe the level of freedom you have experienced because of your relationship with Christ. Are there still things enslaving you? List how your teammates can help each other experience

greater freedom.

## Close

Memory verse: *“As God’s slaves, [live] as free people, but don’t use your freedom as a way to conceal evil.”* – 1 Peter 2:16

### **Bible Reference:**

Galatians 5:1

Galatians 5:13

1 Peter 2:16

### **Topic:**

Freedom

Guilt

Confidence

Worry and Anxiety



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