

You Are Free

Ready:

“So if the Son sets you free, you are truly free.” -- John 8:36

Set

It's exhausting to keep striving in effort and rely on your performance. Every game, we tighten up a bit more, and soon enough, the game isn't even fun anymore because we're too preoccupied with a perfection we can never attain.

Jesus knew this, which is why He came to earth to walk through the same things we encounter, taking our place on the cross to satisfy the judgement of God and save us from our sins. When He rose from the tomb, He took away our need to get it right and gave us freedom forever!

Hear this truth: you are free.

There is nothing you need to do—accept what Jesus has done and shake the weight that you've been carrying off your shoulders. We have great joy learning how we're free and why Jesus wants us to live in this goodness.

Free in Christ

Before you were even aware of your need for a Savior, your Savior came to you. Wrapped in flesh, God made-into-man took the punishment we deserved and was crucified. Jesus has bridged the gap and there is *nothing* that can separate us from our God. He is the all-sufficient One and we know with certainty, joy and freedom that our ransom has been paid by His blood and we are forever safe and found.

Free from Guilt

Here's more good news: whatever's been in your past stays in the past. Any failures, mistakes, things you want a do-over on—it's all wiped away in Christ. The enemy tries to condemn and keep us buried in our guilt and shame, but Jesus says He is sufficient and there is *no* condemnation that can claim you—you are already His. There's no need to dwell on what was; in Christ, you get to lean into what *is*.

Free to Move Forward

Once you understand the lightness of freedom in Christ, it's time to embrace this new life together. Not only did God send His Son to secure your eternity, but to bring you abundant life in the now. We don't know what tomorrow brings, but our perspective shifts to all that we

think, say and act on represent the light of Christ to a world in need of His hope.

God's plans are always bigger than ours, which He has thought out from the beginning of time. When we know our worth as a child of God and accept Jesus' sacrifice, there's joy, excitement and a sense of wonder that occupy our hours. The next time you are tempted to feel insecure because of a comment, a missed play or disappointing grade, remember your worth and that you are already living from a place of victory.

Go

- Do you believe Jesus came to bring freedom to your life and soul? If not, would you talk to Him about it today and trust in Him?
- Who can you tell about this wonderful gift of freedom?
- How can you live out of this freedom today?

Workout

Romans 8:1; Galatians 5:1; Philippians 3:13-14

Overtime

"Father God, thank You for the freedom You have given us through the life, death and resurrection of Jesus! What a gift! Thank You that You love us so much that You went to the lengths You did to give us new life and a great freedom with You. Help me to live this out in my day, and to share this freedom with everyone around me. In Jesus' name, amen."



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL:<https://fcaresources.com/devotional/you-are-free>