

LIVING FREE: Looking Beneath the Surface

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life.

John 8:32 And you will know the truth, and the truth will set you free."

What is the reason to go
beneath the surface?

1. Developing an awareness of your feelings and actions

Jesus had intense, raw, emotional experiences
and was able to express them to others:

John 11:33 He was greatly disturbed in spirit...

Luke 19:41 He wept...

Mark 10:14 He was angry...

John 2:13-17 He was furious...

Matthew 8:10 He showed astonishment...

Luke 22:15 He had an emotional longing...

Luke 7:13 He had compassion...

2. Asking "why" or "what's going on" ?

Mark 7:14-15 Then Jesus called to the crowd to come and hear. "All of you listen," he said, "and try to understand. It's not what goes into your body that defiles you; you are defiled by what comes from your heart."

Mark 7:21 For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder.

Why is it I am always late for everything?
Why am I avoiding a certain person?
Why do I dread this responsibility?
Why is it I want to succeed so badly?
Why am I so rigid?
Why do I avoid confronting difficult people?

3. Experiencing the Gospel and Living Free

2 Corinthians 5:21 For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.

Dramatic Readings

4. Getting Rid of the “Image”

It is all about God’s Grace!

Romans 8:1-3 So now there is no condemnation for those who belong to Christ Jesus. For the power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death. The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent his own Son in a human body like ours, except that ours are sinful. God destroyed sin’s control over us by giving his Son as a sacrifice for our sins.

John 10:10 My purpose is to give life in all its fullness.

“What is going on that Jesus Christ is trying to transform?”