



## 30 Days of Reflection on the Liberating Gospel

*“So if the Son sets you free, you are free indeed.”*

*John 8:36*



## PART 1: SET FREE FOR A PURPOSE

The gospel is not so much about being set free **FROM** something as much as it is about being set free **FOR** something. Part 1 will show us **WHY** we are set free. The gospel provides us a way to fulfill our purpose in life. We are free to become what God intends us to be. We will not only thrive, but God can be glorified through us as we help others.

✓ each day when done

\_\_\_ **Day 1** Reflect on this passage – **Galatians 5:13-14**. What should our liberation from sin set us up to do? \_\_\_\_\_  
\_\_\_\_\_

Why is humility important to be able to do that? \_\_\_\_\_  
\_\_\_\_\_

How will you use your freedom to serve others this week? \_\_\_\_\_  
\_\_\_\_\_

\_\_\_ **Day 2** Meditate on **Ephesians 3:12** and its context. What should our freedom from sin set us up to do? \_\_\_\_\_  
\_\_\_\_\_

What factors in your character or life stop you from freely approaching God? \_\_\_\_\_  
\_\_\_\_\_

Why do these hinder you? \_\_\_\_\_  
\_\_\_\_\_

Ask God to help you exercise your freedom to draw near to Him and specifically help you put his truth into practice in this area.

\_\_\_ **Day 3** Read **2 Corinthians 3:17-18** and its surrounding verses. Look closely at verse 17. What does God use to provide freedom to us? \_\_\_\_\_

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Our personal experience of freedom is directly tied to our understanding of God's presence within us with the Holy Spirit.

Some of the fruit of the Spirit is listed below. Place a "+" next to the Spirit's work that you consistently see in your daily life. Or place a "?" next to the traits you're not seeing consistently.

Love\_\_\_\_\_ Joy\_\_\_\_\_ Peace\_\_\_\_\_ Patience\_\_\_\_\_ Kindness\_\_\_\_\_

Goodness\_\_\_\_\_ Gentleness\_\_\_\_\_ Faithfulness\_\_\_\_\_ Self Control\_\_\_\_\_

From the list above, thank God for the inner "PLUS SIGNS" you see in your life. And for the "QUESTION MARKS," ask God to specifically help you see the freedom you can have from Him in the areas you're not so sure that the Spirit is working. Pray that these doubts are removed - because you are free to have all the fruit of the Holy Spirit. God is ready to transform you with his Spirit. You are free indeed! The Holy Spirit is a gift from God that people receive when they are baptized into Christ. **Acts 2:38, Titus 3:5**

\_\_\_ **Day 4** Continue with **2 Corinthians 3:17-18**. Review your thoughts from Day 3 and then look at verse 18.

Because we are set free to approach God, there is no veil over us to block God or us from seeing one another's faces. The scripture (verse 18) says that we **contemplate** or **see** the "Lord's glory." What does it say happens when we reflect on the Lord in this way? \_\_\_\_\_

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Go back to your list from Day 3 and see the connection between Jesus' likeness and the areas you want to be more like Him. Ask God to transform you as you ponder His glory with the help of the Holy Spirit. You are free to become like Jesus in this life! God has taken away the veil from your face. You can see him, know him

and approach him freely with humble confidence. As you spend this time with Him, he will transform you with ever-increasing glory. Just show up and look up! He transforms us.

Sing the song – “OPEN THE EYES OF MY HEART LORD.”

\_\_\_ **Day 5** Jesus wants you to follow him. Imagine that he came over for a meal to help you know how to do that. He is sitting right in front of you talking alone with you at your table saying the words in **Isaiah 61:1-3**.

Take notes and write down every reason he came. Make note of what helped him to fulfill God’s purpose. Listen to him. Follow him. Ask him for help. Thank him for choosing you to be with him and be like him. What do you see in this passage?

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\_\_\_ **Day 6** Look at Jesus’ words in **Matthew 5:14-16**. What are 3 reasons according to **verse 16** that you were set free?

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Go back over the verses from this week. Reflect on the ones that helped you the most. Pray for God to deepen your understanding of the freedom he has given you. Pray also to become like him and bring him glory. Journal your thoughts. Write out your prayers. \_\_\_\_\_

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## **PART 2: SET FREE FROM SIN & MORE**

In order to serve God freely, we need help to overcome things that take our freedom away. Part 2 will show us **WHAT** we are set free from. These scriptures will show **TWO** key things that the gospel sets us free **FROM**. There are many more, but let’s study out two in the scriptures...

✓ off each day when done

\_\_\_ **Day 1** Read **John 8:34-36** and notice the reference to slavery. Under the worst of slave owners, how did slaves suffer and how was their freedom restricted?

\_\_\_\_\_

How is sin like that? \_\_\_\_\_

What alternatives does Christ offer in verses 35-36? \_\_\_\_\_

\_\_\_\_\_

As you look at your life, is there any sin that still enslaves you? God has set you free! What can you do to gain victory with Christ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_ **Day 2** Reflect on the thoughts shown in **1 John 1:7-9**. What freedom do you see in the promises shown in **verse 7**? \_\_\_\_\_

\_\_\_\_\_

In verse 9, what two words describe God? \_\_\_\_\_

Thinking back to last week's study, what attributes of God help you to freely confess sin directly to God? \_\_\_\_\_

Also see **Revelation 1:5**

\_\_\_ **Day 3** **James 5:15-17** has wonderful promises to reflect on. Take time to think about freedom from sin as you meditate on this passage. What resources do you see that God provides in order to fully be free from any sin?

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Also look at **Psalms 32:4-5**

Think about how freeing it is to open up to another person and get burdens out of your mind, heart and conscience. Write down any person you would trust in the Lord to confess any sin to. \_\_\_\_\_ It will help you to talk w/ them about feeling trapped.

\_\_\_ **Day 4** In **Hebrews 2:15**, what is the ultimate destiny of every person? What does Christ want to set us free from \_\_\_\_\_  
\_\_\_\_\_

Have you ever reflected on the possibility of what Jesus mentions in **Revelation 2:10**? How does freedom in Christ set us apart from others? \_\_\_\_\_  
\_\_\_\_\_

\_\_\_ **Day 5** Meditate on **Romans 8:15** and surrounding passages. In order to succeed in being free from the fear of death, what else do we need that God provides to us? \_\_\_\_\_

The fruit of the Spirit was listed last week. What other fruit do we see in these verses? **2 Timothy 1:7, 2 Corinthians 3:17, Haggai 2:5, Mark 13:11, Luke 4:1-2, John 14:26** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ **Day 6** Imagine you are the Apostle John. Christ just appeared to you and told you the words in **Revelation 1:17-18**. What message does he give that validates the freedom from the fear of death we are given by God? How would you explain it to others to help them in their faith after seeing this vision? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Go back over the passages in this section and choose one area to pray over and share with another believer in your journey towards greater freedom. What do you want to grow the most in? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PART 3: SET FREE WITH BOUNDARIES NOT BARRIERS**

In this section we will look at “Murphy’s Law” in the Bible – See **Romans 7:21**. In order to experience the wonderful freedom God intended, we must take on God’s yoke and let him walk with us. In the Old Testament, God was against yoking an ox with a donkey. It just wouldn’t work, and the animals would hurt each other. But now Christ invites us to be yoked with him. If we don’t humbly learn from and walk in his steps, we will be hurt. **Matthew 11:28-30** Our freedom requires a new Lord – Christ. Being his servant, gives us freedom. In Part 3, we will reflect on this supposed contradiction. Yet this is a divine paradox – not a contradiction.

✓ off each day when done

\_\_\_ **Day 1** **Romans 6:19-23** has amazing promises from God in it. Read it and make note of three benefits of now being a slave to God. 1) \_\_\_\_\_  
2) \_\_\_\_\_ 3) \_\_\_\_\_

Why is it possible to be a slave to God and experience freedom? \_\_\_\_\_

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Also see **1 Peter 2:16**

Timothy Keller reflected on these truths in his book The Reason for God: Belief in an Age of Skepticism

**“In many areas of life, freedom is not so much the absence of restrictions as finding the right ones, the liberating restrictions.”**

**“Freedom cannot be defined in strictly negative terms, as the absence of confinement and constraint. In fact, in many cases, confinement and constraint is actually a means to liberation.”** Keller, The Reason For God, page 46-47

\_\_\_ **Day 2** In Christ, we are free to be people who thrive in their life journey with God. Fill in the blank below describing this freedom journey.

**In Christ we are free to...**

-  Romans 5:1 \_\_\_\_\_
-  Philippians 4:12-13 \_\_\_\_\_
-  1 Thessalonians 5:16 \_\_\_\_\_
-  Romans 8:31 \_\_\_\_\_
-  1 Corinthians 8:3 \_\_\_\_\_

-  1 John 2:17 \_\_\_\_\_
-  1 Peter 4:1-3 \_\_\_\_\_
-  Romans 6:23 \_\_\_\_\_
-  Philippians 2:1-4 \_\_\_\_\_
-  Galatians 5:13-15 \_\_\_\_\_
-  1 John 5:14 \_\_\_\_\_
-  1 John 3:1-2 \_\_\_\_\_
-  Revelation 21:3 \_\_\_\_\_

\_\_\_ **Day 3** Looking at what freedom gives us in the partial list from yesterday, which one of these blessings personally gives you the most hope? \_\_\_\_\_  
 Why? \_\_\_\_\_

Which one of freedom journey's blessings do you need more faith about? \_\_\_\_\_

Pray to God about both of your answers. Thank him for giving you freedom and ask him to increase your faith as needed. He loves you and wants you to succeed with his help. Ask for the Spirit to make up for your failings. Talk to a fellow believer and encourage one another.

\_\_\_ **Day 4** Read **Psalm 73** with the intent to reflect over its message. In life, we can relate at times to the feelings expressed in **verses 13 & 14**. We often cannot see "the devil in the details." If we look from God's perspective, **verse 17**, we will see that God is really in all the details in our freedom journey.

Satan makes the gospel seem like a barrier in our journey. The reality is that **the gospel provides boundaries** for us to thrive within. How do you personally wander at times from God's camp into the enemy's? \_\_\_\_\_

What is the most effective way you have found personally to "enter God's sanctuary"? (**verse 17**) \_\_\_\_\_

\_\_\_ **Day 5** **James 1:17** echoes an eternal truth found in **Malachi 3:6**, **Deuteronomy 32:4** and other verses. God does not change.

Look at those passages and **compare God** to these things that **DO change** all the time... feelings, thoughts, physical circumstances, health, friends, jobs, climate,

governments, finances, cultural trends, science, age, interest, technology, education, likes, dislikes, and your heart.

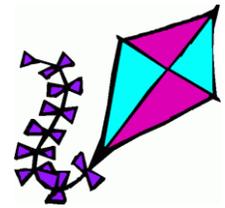
Why does the unchanging, reliable, faithful and ever-present nature of God provide a perfect platform for eternal freedom? \_\_\_\_\_

What are some things in your life that tend to change and thrust you from God's platform of freedom in Christ? \_\_\_\_\_

Go back to Day 4 and reflect on **Psalm 73:2** from that study.

\_\_\_ **Day 6** Meditate on **Psalm 119:133**, **Psalm 119:32** and **James 1:22-25**.

The Bible is like a string controlling a kite. Cut the string and the kite will flounder aimlessly to an inevitable crash. Christ is our Lord and his word shows us his will. Go back over this week's quiet times and reflect on the areas you want to focus on for God's glory. You have been set free to be the ambassador for Christ God intended. Focus on what you need to- so that you can experience greater freedom and holiness.



## PART 4: SET FREE TO STAY FREE

In Part 4, we will look at thoughts to help us persevere in our "Freedom Journey." See **John 8:31-32** and **Philippians 3:12**. Although we never "arrive" in this life, we must never give up either! This section will give us some deeper insights to strengthen our convictions and to prepare us for contemplative action.

✓ off each day when done

\_\_\_ **Day 1** Look at **John 8:30-32**. People had put their faith in Christ, yet were not considered to be Christians by Jesus. We must live according to Christ's teachings. As you reflect on this passage, how deep is your conviction that Christ's word is truth? \_\_\_\_\_

Look for ways to get to know the Bible more than ever! Increase your freedom. It is our lifeline to God. It is truth. What does truth produce according to scripture? Fill in below:

-  John 17:17 \_\_\_\_\_
-  Colossians 1:5 \_\_\_\_\_
-  John 16:13 \_\_\_\_\_
-  Zechariah 8:16 \_\_\_\_\_
-  1 Timothy 2:7 \_\_\_\_\_
-  2 John 1:2 \_\_\_\_\_
-  Romans 3:7-10 \_\_\_\_\_
-  John 8:32 \_\_\_\_\_

\_\_\_ **Day 2** In **Luke 15:14-32**, we see an eternal truth that is key to our freedom. Read this parable. And ask yourself “After his wild living, did the younger son atone for his error by his own good works, or was everything reconciled solely by the goodness and compassion of his father?” How does the gospel provide endless motivation for us to never give up in our journey with God? \_\_\_\_\_

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Can you ever boast about what you’ve done to be saved? \_\_\_\_\_

\_\_\_ **Day 3** God’s grace is immeasurable. To grasp its magnitude, take time reflect deeply and meditate on the following verses. It will help tremendously. Earnestly ponder these scriptures on God’s love, mercy, compassion and grace.

Describe what God’s love is like in the space below:

-  Lamentations 3:21-26 \_\_\_\_\_
-  Micah 7:18-20 \_\_\_\_\_
-  Ephesians 2:8-10 \_\_\_\_\_
-  Psalm 103:11-12 \_\_\_\_\_
-  Ephesians 3:16-19 \_\_\_\_\_
-  Isaiah 49:13-16 \_\_\_\_\_

Which description above helps you connect to God and the freedom he gives us in Christ? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_ **Day 4** We were created in the image of God and our destiny is to be with

Him forever. Only Christ makes that reality possible. See **Genesis 1:26-27** and **Colossians 3:10-11**

What correlation do you see between these two passages? \_\_\_\_\_

\_\_\_\_\_

God made us and knows what we need. Read this quote from Timothy J. Keller and see how God’s version of freedom requires God’s guidelines to be protect God’s image.

**“A fish, because it absorbs oxygen from water rather than air, is only free if it is restricted and limited to water. The fish dies if we do not honor the reality of its nature.”** Keller, The Reason For God, page 47



**Day 5** In **Galatians 4:8-10** there is a strong heads-up warning for believers to take to heart. The gospel sets us free from sin and the fear of death. We need to stay free from the sin of self-righteousness. Reflect on today’s passage.

In **verse 9**, what is noted as a sign of our freedom? \_\_\_\_\_

\_\_\_\_\_

In context, what became the enslaving force that would threaten a believer’s freedom? \_\_\_\_\_

\_\_\_\_\_

Jesus warned against self-righteousness often. Take some time today to pray for understanding about this. Are you doing things “in Jesus’ name” outside of God’s freedom to earn God’s approval? Are you trying to “out-balance” your sins by good works? **This is a trap!** And Christ wants us to be set free from self-righteousness. What verses from this quiet time series would you turn to for guidance to navigate through this potential pitfall? \_\_\_\_\_

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**Day 6** To close out this section, go back and review each day. As you refresh your thinking, find thoughts that will help you persevere and keep yourself free in Christ. Remember, it is a life-long journey. Which passages speak to your heart and will help you solidify your convictions? \_\_\_\_\_

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Share your findings with fellow believers. Encourage each other!

## **PART 5: SET FREE BEFORE ALL CREATION**

In this concluding section, our faith can be greatly strengthened by seeing the beautiful overall plan that our Sovereign God has for **all creation** to be set free. This “Freedom Journey” we are on is something that the trees, seas and the galaxies are sharing with us. It all started in **Genesis 3:17**. From that initial curse to its ultimate reverse, both mankind and all creation are part of God’s plan to create a new heaven and a new earth. Creation has a role under God’s mighty hand. And we are a big part of it. The final reference to this is in **Revelation 21:1**. Christ is King of all creation. All things were created by him and for Him - and are held together by Him. **Colossians 1:16-17**

✓ off each day when done

\_\_\_ **Day 1** By disobeying God, Adam & Eve brought about a seismic curse that has impacted all of creation. Read **Genesis 3** and take some time to see that the freedom we experience in Christ now was once experienced **perfectly** in Eden.

In **verses 14-19** God pronounced a curse against human beings, the serpent and the earth. From that point in time, we’ve needed redemption and freedom from sin. From your own personal experience, what have you seen as evidence in your life, that the creation is imperfect? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ **Day 2** Read and enjoy **Psalms 96**. In this passage we see all nations along with the trees, the fields and the heavens praising God with a “new song.” What is the reason they are praising God in **verse 13**? \_\_\_\_\_  
When will that take place? \_\_\_\_\_ (See **Revelation 22:12-13**)

Reflect on how beautiful creation is. It has been observed that creation is beautiful because it is perfectly surrendered to God’s will. The more we submit to God the more beautiful we become.

\_\_\_ **Day 3** In the creation account look closely at **Genesis 1:14**. God made the heavenly bodies as clear signs to show his people his will. Knowing that, what do you see in **Romans 1:20-21** that validates the fact that God's will is not secret?

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\_\_\_ **Day 4** **Psalm 19** also shows us how much God wants people to know Him and his will. Enjoy reading it and see how God is a revealing God – really wanting everyone all over the earth to know his love and glory. Reflect on **verses 1-4**. What words describe how creation preaches the word of God? \_\_\_\_\_

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What lessons do you see from these passages? \_\_\_\_\_

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What do you appreciate about God's creation the most? \_\_\_\_\_

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\_\_\_ **Day 5** **Romans 8** is one of the most inspiring chapters in all the Bible. Read it in light of the gospel's freedom and savor the great promises there. Creation is mentioned here also.

Earlier, we read that creation is singing a new song because the Lord is coming to judge the earth with equity.

Look at **verses 19-22**. How do **verse 19** and **Psalm 96:13** connect?

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In **verse 21**, we read about the frustration of creation. Natural disasters, earthquakes, tsunamis and other events in God's creation are a result of the initial curse. In the context of this study how does this help you understand such calamities and explain this to others? Also, in **verse 21**, what will share in the ultimate freedom we have in Christ? \_\_\_\_\_

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What do **verse 22** and **Genesis 3:14** have in common? \_\_\_\_\_

\_\_\_\_ **Day 6** To close out, read these passages on the culmination of our freedom journey. What will be the final result of the liberating gospel of Christ? Fill in the blanks below:

- ✎ Revelation 22:1-5 \_\_\_\_\_
- ✎ Isaiah 65: 17 \_\_\_\_\_
- ✎ 2 Peter 3:13 \_\_\_\_\_
- ✎ Revelation 21:1 \_\_\_\_\_
- ✎ Isaiah 66:22 \_\_\_\_\_
- ✎ Revelation 14:3 \_\_\_\_\_
- ✎ Revelation 5:9 \_\_\_\_\_
- ✎ Genesis 1:1 \_\_\_\_\_
- ✎ Revelation 14: 3 \_\_\_\_\_
- ✎ Revelation 22:20 \_\_\_\_\_

“I run in the path of your commandments,  
for you have set my heart free.”

Psalms 119:32

“It is for freedom that Christ has set us free.”

Galatians 5:1

Prepared by the Worcester County Church of Christ Teaching team.

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