

Living Free – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write about a time you lived in fear. Fear of what others thought of you, fear of losing what you had, fear of being found out. What was the worst part of living like that? What did it make you feel like? Why did you live that way? What were your biggest fears? What were some things you never want to go back to related to that issue?

Day 2

Living with nothing to hide doesn't mean you blurt out your darkest secrets to everyone you know. It means you are not ashamed of who you are, or what you are doing. Or if you have done something you are ashamed of, you need to confess it to God and another person you trust. If you don't have someone like that, it is essential for you to search until you find this kind of a safe person. When you expose your own sin and live openly, it means you are rejecting your own sin and choosing to pursue God's ways and a serious relationship with Him. We have nothing to be ashamed of when our whole heart is seeking God and wanting to do what He has for us to do. So we are not afraid to talk about our shortcomings because we don't keep dark secrets, we use them to minister to others through what we have learned from them. What are some ways you can live with nothing to hide, while using wisdom?

Day 3

Memorize

GALATIANS 5:13 (NIV)

You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.

Day 4

Are you afraid of losing your life? What is the one thing you are most afraid of losing? Money, a job, a relationship, a vehicle, or possessions? The only thing we should be afraid of losing is our relationship with God and our integrity. That is the essence of the fear of God. When we live with an attitude that there is enough to go around, because God is our source, we become free. This is not to say we become wasteful or max out our credit cards, but being willing to lose things for the sake of doing what we believe in and doing what is right is a very freeing way to live. That is when you begin to truly experience God taking care of you in miraculous ways. It is scary to let go of things we hold so tight, but God is good and we can trust Him. What are some ways that you can live like this?

Day 5

Jesus never needed others to honor Him in order to do what He was called to do. When we come to a place of not needing the approval of others we begin to find great joy and freedom. Keep in mind that the glory or honoring of mankind is fleeting. People are quick to forget heroes and saints. What matters most is who we really are, not who people think we are. What are some ways you would change things in your life if you were living to be the person you wanted to be for the sake of God only? What if the only person you wanted to impress was God? This is sometimes hard to capture in our minds because we have never seen God, like we have seen people. What are some ways you can show love to others without needing their approval?