

# Living A Life of Freedom In Christ

## **DAY:**

Monday

## **TITLE:**

Plant Your Feet in Freedom

## **KEY VERSE:**

Galatians 5:1 -- "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."

## **REFLECTION:**

I love how Paul doesn't whisper this -- he shouts it. Plant your feet. Stand firm. Don't drift back into the cage you were delivered from. When I think about what Jesus actually purchased for us on the cross, it blows my mind. He didn't just save our souls for eternity -- he set us free to live differently right now, today, in the middle of Monday morning traffic and spilled coffee and difficult people. Freedom isn't some distant theological concept. It's the air we were meant to breathe every single day. The closer you stay to Jesus -- reading his Word, talking to him, worshipping him -- the freer you actually feel. The further you drift, the heavier everything gets. So today, I want to encourage you: don't drift. Plant your feet. You belong in freedom.

## **PRAYER:**

Lord Jesus, thank you for winning my freedom at the cross -- I don't take that lightly. Help me today to stand firm and refuse every chain the enemy tries to put back on me. I choose freedom in your name. Amen.

## **DAILY ACTION:**

Write Galatians 5:1 on a sticky note and place it somewhere you'll see it all day -- your mirror, your dashboard, your desk.

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## **DAY:**

Tuesday

## **TITLE:**

Jesus Came to Unlock the Cage

## **KEY VERSE:**

Luke 4:18 -- "The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised."

## **REFLECTION:**

I get fired up every time I read this verse because this was Jesus' very first public declaration of who he was and why he came. He didn't come to make comfortable religious people more comfortable. He came to unlock cages. He came for the broken, the captive, the bruised -- and friend, at some point that was every single one of us. Maybe it still is in some area of your life. I've seen people carry emotional baggage for decades, convinced they've earned the right to stay wounded. But Jesus shows up and says, "No -- today

this scripture is fulfilled in your hearing." Today. Not someday. Right now he wants to bring healing to every broken place in your heart. Don't let religion or pride talk you out of receiving what he's freely offering you.

**PRAYER:**

Jesus, I receive your freedom today in every area where I've been broken or bruised. I refuse to stay in a cage you already unlocked for me. Do your healing work in me right now. Amen.

**DAILY ACTION:**

Identify one area of your life where you've felt "caged" -- write it down and deliberately surrender it to Jesus in prayer today.

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**DAY:**

Wednesday

**TITLE:**

You Don't Have to Wear Those Grave Clothes Anymore

**KEY VERSE:**

Romans 6:6 -- "Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin."

**REFLECTION:**

I love the picture of Lazarus walking out of that tomb. He was genuinely, miraculously raised from the dead -- but he shuffled out still wrapped in grave clothes. And I think that's exactly how so many of us live our Christian lives. We're genuinely born again, our spirits are made new, but we're still emotionally wrapped up in old patterns, old wounds, old habits. We're resurrected but still bound. And here's what I want you to hear today: Jesus didn't raise Lazarus just to leave him stumbling around in wrappings. He said, "Loose him and let him go." That's what he's saying to you right now. You don't have to drag yesterday's grave clothes into today. Your old man was crucified with Christ. That's not a suggestion -- that's a settled spiritual fact. Believe it, receive it, and walk free.

**PRAYER:**

Father, I thank you that my old self was crucified with Jesus and I am not who I used to be. Help me today to walk like someone who's actually been set free, not someone still stumbling in old grave clothes. Amen.

**DAILY ACTION:**

When an old habit, thought pattern, or memory tries to pull you backward today, speak out loud: "My old man is crucified with Christ -- I don't live there anymore."

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**DAY:**

Thursday

**TITLE:**

Choose Freedom Every Single Day

**KEY VERSE:**

John 15:11 -- "These things have I spoken unto you, that my joy might remain in you, and that your joy might

be full."

**REFLECTION:**

Jesus wasn't vague about this -- he said his joy was meant to be full in us. Not half-full. Not occasionally present on Sunday mornings. Full. Overflowing. But I've learned that joy doesn't just happen to you -- you have to choose it, fight for it, and protect it. The enemy works overtime to steal it through discouragement, offense, disappointment, and fear. And honestly? Sometimes it's the small daily irritations -- the spilled coffee, the broken sprinkler head, the wrong directions on the Metro -- that chip away at your peace more than the big things do. Freedom means I refuse to let those things steal what Jesus died to give me. I choose joy today. I choose peace today. I choose to believe that God has good things ahead. That's not denial -- that's faith. And faith is exactly where freedom lives.

**PRAYER:**

Lord, I choose your joy today over every frustration and discouragement the enemy sends my way. Fill me up to overflowing and help me guard this freedom jealously. Amen.

**DAILY ACTION:**

The next time something irritates or discourages you today, pause, take a breath, and say: "I choose joy -- the devil isn't getting this one."

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**DAY:**

Friday

**TITLE:**

Love Is What Freedom Looks Like

**KEY VERSE:**

Galatians 5:13 -- "For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another."

**REFLECTION:**

Here's the thing about real freedom that most people miss completely -- it doesn't end with you. The fullest expression of living free in Christ is that you become free enough to genuinely love difficult people. And I mean really love them -- not a polite nod-and-wave love, but a "I forgive you even though you hurt me deeply" kind of love. I've had people in ministry do things to me that were genuinely painful and wrong. But I made a choice: I'm going to forgive, I'm going to love, and I'm going to keep my heart free. Because bitterness is just another cage, and Jesus didn't set me free so I could lock myself back up over somebody else's failure. When you walk in love, the enemy has nothing to grab onto. You're too slippery with the oil of forgiveness. That's freedom at its most powerful and most beautiful.

**PRAYER:**

Jesus, give me the courage today to love someone who has hurt me -- genuinely, freely, the way you love me. Break every chain of bitterness off my heart and fill that space with your love. Amen.

**DAILY ACTION:**

Think of one person who has hurt or offended you. Do one concrete act of kindness toward them today -- a text, a prayer on their behalf, or simply choosing to speak well of them.