

Living Free part 8 - the 5Rs

1 John 1.5-10 & Ephesians 4.17-32

“the truth will set you free”.

FOLLOW UP QUESTIONS FOR HUBLETS OR ALONE.

How have you got on over the past week looking at the contrast of scrappy first drafts compared to God’s true story?

Which side of the bike do you most often fall off?
Shame of Blame? (I’m awful or I’m fine)

What are some of the key differences for you personally between your old life and your new life as a disciple of Jesus?

Can you describe the difference in your own life, from being forgiven and purified by God?

How can seeing our identity as a story be more helpful than as a label we put on ourselves?

The first R is recognise. What are some of the ways in your life that you can recognise there are things keeping you away from God?

What internal response do you have to the word ‘repent’? What does that word really mean?

Why is it important to rebuke the enemy from our lives when we’ve repented and received forgiveness?

In order to live by God’s story, not your scrappy first draft, is there anything in your life God is asking you to replace an old behaviour or attitude with a new one?

If you want a freedom prayer time and are in a Connection hub or small group, how about booking one via sanctuary@stchadsromiley.co.uk

Shame	LOVED	Blame	FORGIVEN
Insignificance	Valued	Pride	Humility
<i>I’m awful</i>	<i>I’m a child of God</i>	<i>I’m fine</i>	<i>The old has gone</i>

God’s true story

1 John 1:5

God is light;

in him there is no darkness at all.

Ephesians 4:17-24

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

1 John 1:6

If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth.

Eternal Truth
God is light
We were created to be like God

Old Life
Separated from God
Futile thinking
Deceit
Hard hearts
Sensuality, impurity
Greed, stealing
Unwholesome talk

Scrappy first drafts
Rejected by God
Not worthy
“I’m fine”

1 John 1:7-9

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Change
Taught about Jesus
Honest
Put off old life
Forgiven
Purified

Ephesians 4:20-24

20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

Eph 4v23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

New Life
Fellowship with God
New life: New attitude
Righteous
Holy
Truthful
Fellowship with God & with one another
Kind & compassionate
Forgiving each other

THE 5 Rs

Ephesians 4:25-28

Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

Recognise.

Walk in the light

Don't claim to be without sin - be honest with ourselves, God & others
See the symptoms of the old life
Recognise our scrappy first drafts
See both the roots & the shoots.

Repent.

Put off falsehood
Confess,
'stop stealing'
Turn around
Rip up the the Scrappy First Draft

Receive,

God will forgive
& purify us
That is now the way of life you learned
'Made new'
True righteousness and holiness

Rebuke

"Do not give the devil a foothold"
Put off falsehood

Replace

Steal no longer, but must work, doing something useful,... to have something to share with those in need

V29-32 live different, speak differently

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.