

Introductory Session

Preparing our Hearts to Thrive

Introduction

As a believer in Jesus Christ, it is our God given right to be free. “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Galatians 5:1

- Christ valued our freedom and secured it.
- We must respond to the freedom by standing firm.

*We do not have to live a life that just survives. We can live a life that thrives! “I have come that they may have life, and have it to the full.” John 10:10

- Life: Every aspect of life on this earth.
- “to the full:” Means over and above.

Thriving can occur on easy days as well as difficult days. To thrive means to grow, to progress towards, or realize a goal. Our goal as believers in Jesus Christ is clear: “For those God foreknew, he also predestined to be conformed to the likeness of his Son.” Romans 8:29

Freedom is experienced in our lives when we are dependent on Jesus.

We live a life that thrives when our thoughts, actions, and reactions point others to Jesus.

Important question, “Does my life reflect the freedom I have in Jesus Christ?”

Preparing our Hearts to Thrive: John 14:1-6

1. We must trust God. (vs. 1)
 - a. One of the most important questions in our life is this: "Do I really trust God?"
 - b. Trust: An assured reliance on the character, ability, strength, or truth of someone or something. As a result, a willingness exists to place our confidence in that person or thing.
 - i. Character: Who God is. God is our Creator, Sustainer, Protector, and Provider.
 - ii. Ability: What God can do. God daily bears our burden.
 - iii. Strength: How God works. God works in perfect faithfulness.
 - iv. Truth: God's pure intentions. God is love and God is light.
 - v. Our Response: Confidence in God

2. We must embrace a big picture perspective. (vs. 2)
 - a. Embrace means to take up gladly.
 - b. We embrace a big picture perspective when we know that there is more going on in our lives than we can see, measure, or comprehend.
 - c. A big picture perspective helps us to embrace God's number one goal for our day. "For those God foreknew he also predestined to be conformed to the likeness of his Son." Romans 8:29

3. *We must walk a clear path. (vs. 6)
 - a. Jesus' disciples were the recipients of John 14:6. It was Jesus' inner circle that was called to follow Jesus as "the way," "the truth," and "the Life."
 - i. The Way:
 - ii. The Truth:
 - iii. The Life:
 - b. In order to walk a clear path we must know the truth, live the truth, and share the truth each day.

Application:

- Freedom is ours in Jesus Christ! The question is how much freedom are we accessing in our lives?
- Freedom is not dependent on our circumstances! We CAN thrive on easy days as well as on difficult days.
- Freedom is worth the fight! Are you ready to engage in battle? Are you ready to dig deep and discover practical ways to thrive right in the middle of your day?