



True Freedom

From the Body & Soul® Fitness Spiritual Impact Team

In the United States, on July 4th, we commemorate our freedom as a country, won in battle by brave warriors in our military in 1776. Many of us have family and friends who serve today, and we also pause at this time to honor them.

TAKE ACTION: Remember. As families and friends gather, yummy food is eaten and fireworks go off, take a quiet moment amidst the celebration to pray. Pray for those who have given their lives defending freedom. Pray especially for those you know who are in the military today, ready to fight for freedom, offering their service, dedicating their lives, stepping up to be brave so that we can be free.

But there is more. Our Body & Soul® family spreads all over the world to many countries besides the United States who do not celebrate July 4th and there is a spiritual freedom that people of all nations can celebrate! Our worldwide Body & Soul® family has been set free from the penalty of sin and death. Set free to have eternal life. One man died so that we can be spiritually free. Jesus paid the price so that by faith in Him, we can each receive true freedom. John 8:36 says this: “If the Son sets you free, you will be free indeed.” In Isaiah 61 Jesus Himself says this: “The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives.” This is the good news, news that binds up our broken hearts--if we believe Jesus died for us personally, we receive this true spiritual freedom and will spend eternity with Him. We become part of the family of God, we are no longer captives.

TAKE ACTION: Believe. Turn your mustard seed of faith into action and pray a prayer of commitment or recommitment, expressing your faith in Jesus as your Savior and Lord. Let Him take control and set you free! What a concept!

What does true freedom in Christ mean? It means that you get a brand new start. You can leave the past behind, let go of guilt and shame and live in God’s unconditional love. It means you can have a personal relationship with God Most High! It means you can approach His throne of grace with confidence, asking forgiveness when you need it, and asking for strength to face each day knowing He will be by your side. It means you are free to worship and bow down and free to praise Him with hands held high. It means you have His guidebook the Bible to give you wisdom and understanding. It means He is with you always!

TAKE ACTION: Be grateful and pray words of thanksgiving to God every day for what He has done for you. Start each day with gratefulness and live each hour of your day, each day in true freedom.

