



Lesson 3: Living By Faith

Main Point

A disciple lives by faith in what Jesus accomplished for them on the cross, not by their own wisdom or efforts.

Scripture: Romans 8:3 NLT

The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins.

Exploring the Scripture:

- What is the law of Moses?
- Why could the law not save us?
- What did God do for us that we could never do on our own?
- Why did God give the law to his people?
- How did Jesus' sacrifice end sin's control over us?

Scripture: Hebrews 12:1-3 NLT

Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up.

Exploring the Scripture:

- What does this passage tell us to do?
- How is the life of discipleship like a race?

Applying It to My Life:

- What are some weights in your life that feel especially heavy right now? How can you practically strip them off as you follow Jesus?
- When you feel anxious about the future, what can you do to keep your eyes on Jesus?
- What is the difference between living by faith in what Jesus accomplished for you on the cross and living by faith in your own accomplishments?

Prayer Journaling:

Prayer journaling is a good way to grow in your faith. Here is how it works: You write down what you are praying for and the date you prayed it. Later, when God answers, you write down how and when. Sometimes, his answers come quickly—like giving you peace during a big test. Other times, the answer takes longer, and we must keep trusting him. Prayer journaling helps us see God's faithfulness over time.

Practice:

Write a prayer journal entry. If you are not sure what to write, you can use these prompts as a guide:

- Can you remember times when God has answered your prayers or been faithful to you? Write those down and thank him.
- What is a weight in your life you want God to take off your shoulders? How would life be different if God lifted that weight? Write to God about it and return to your journal entry when he answers your prayer.