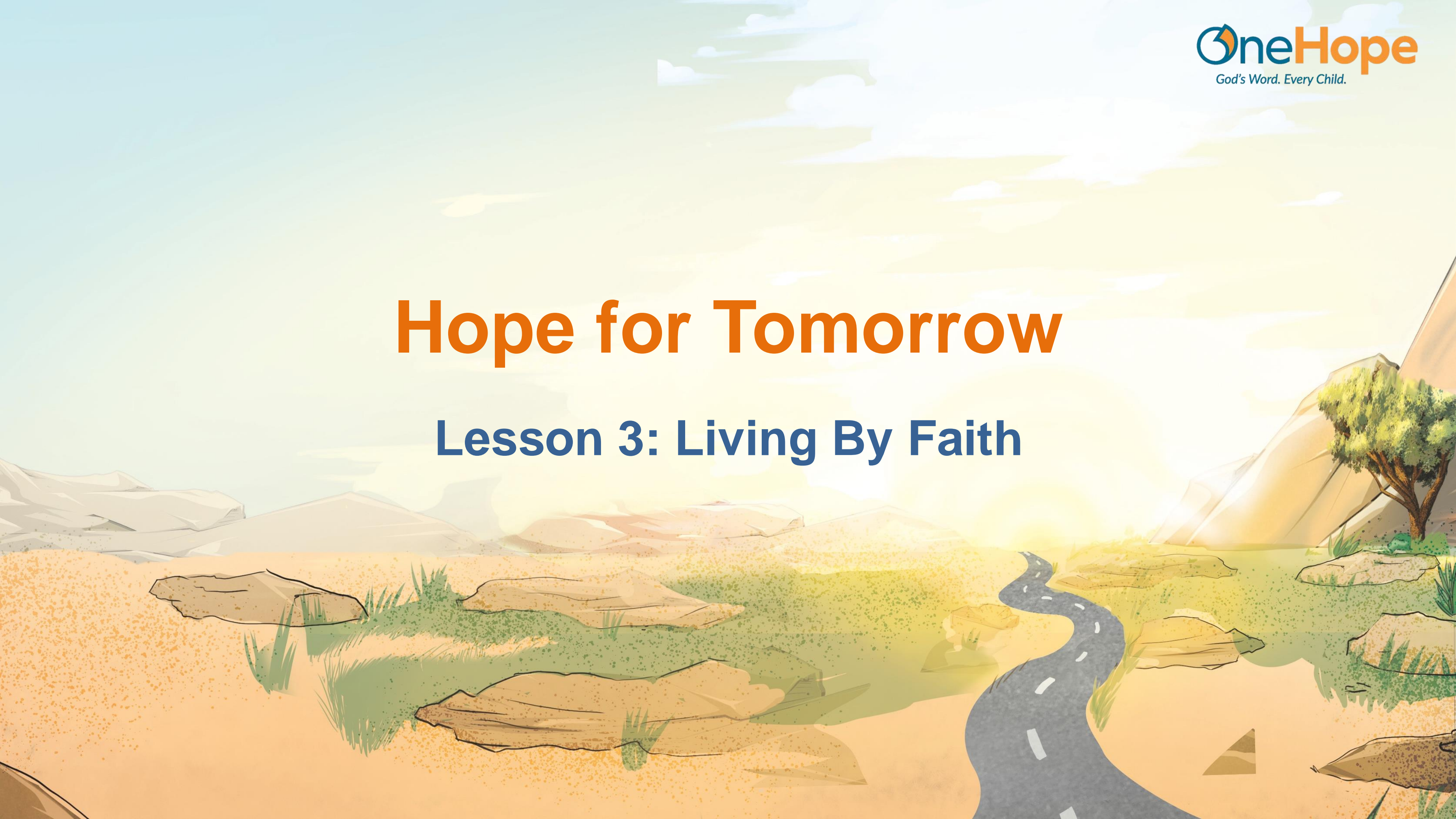


Hope for Tomorrow

Lesson 3: Living By Faith



Casting Your Cares

Write one answer on each piece of paper...

- What is one thing in your life that stresses you out?
- How do you cope when you are feeling overwhelmed?
- What is something you fear about the future?

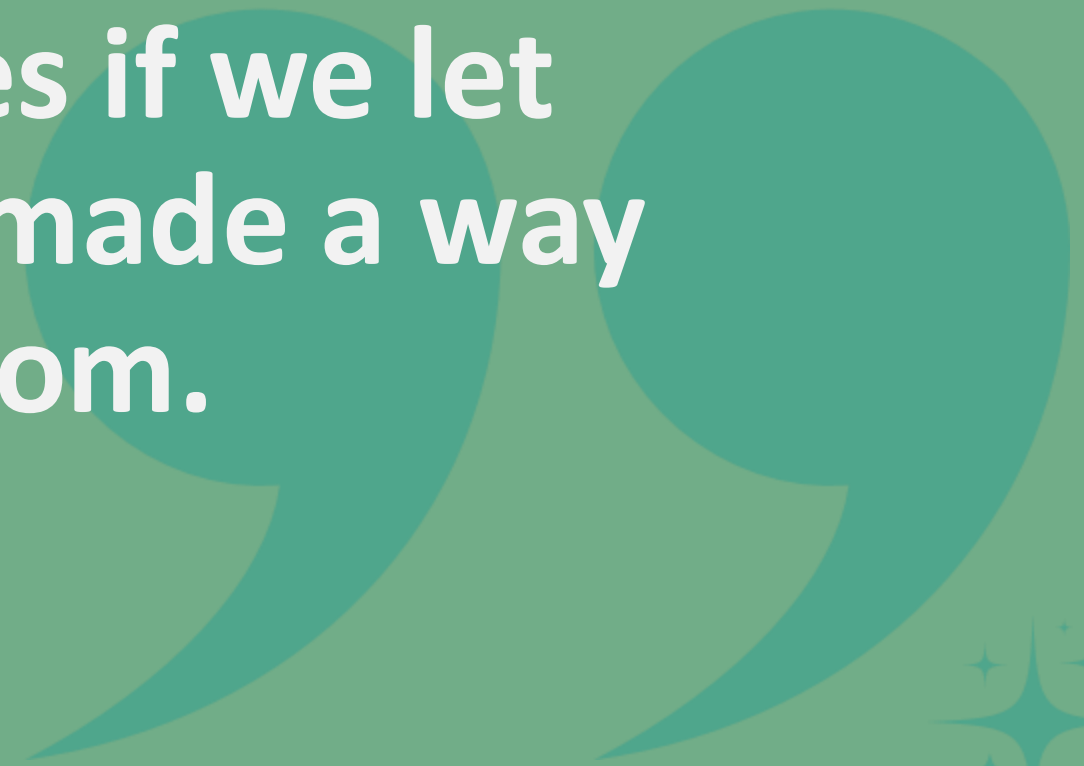


Let's Share





Life is full of challenges. These burdens
can take control of our lives if we let
them. But thankfully, Jesus made a way
for us to live in freedom.



Digging in



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.

Let's Discuss

- What is the law of Moses?
- Why could the law not save us?
- What did God do for us that we never could on our own?



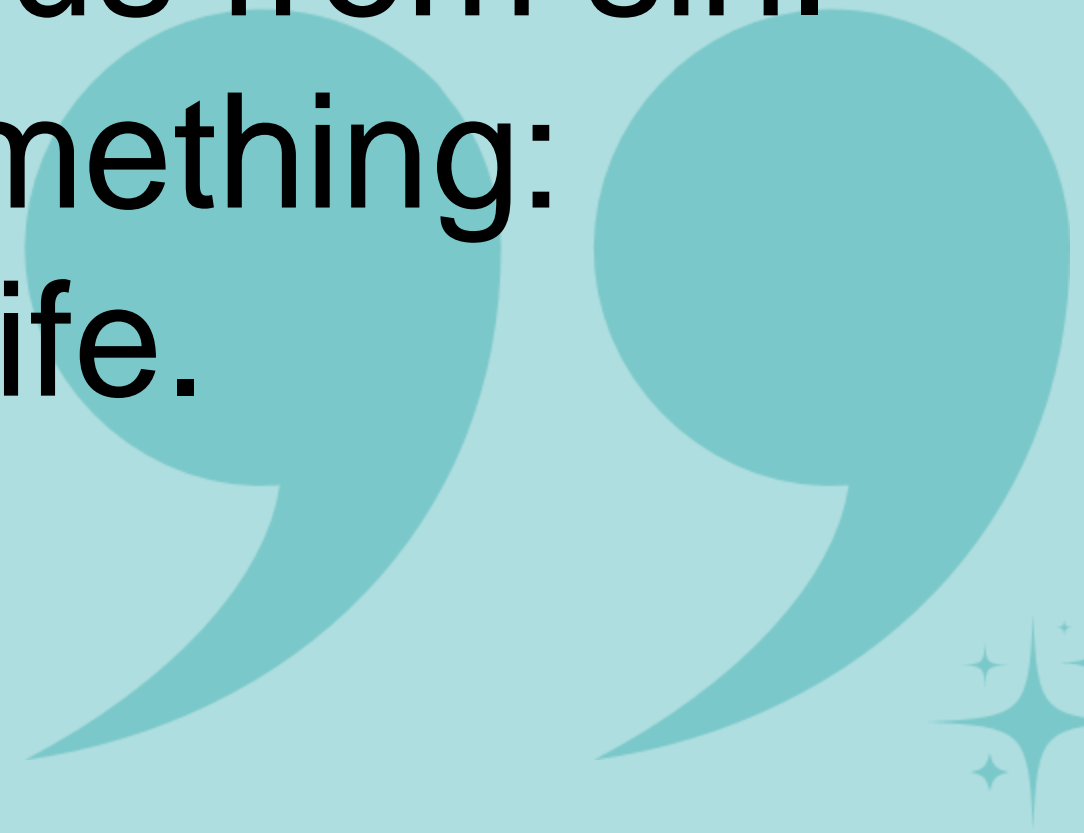
Let's Discuss

- Why did God give the law to his people?
- How did Jesus' sacrifice end sin's control over us?





Jesus did not just free us from sin.
He freed us for something:
a purposeful life.

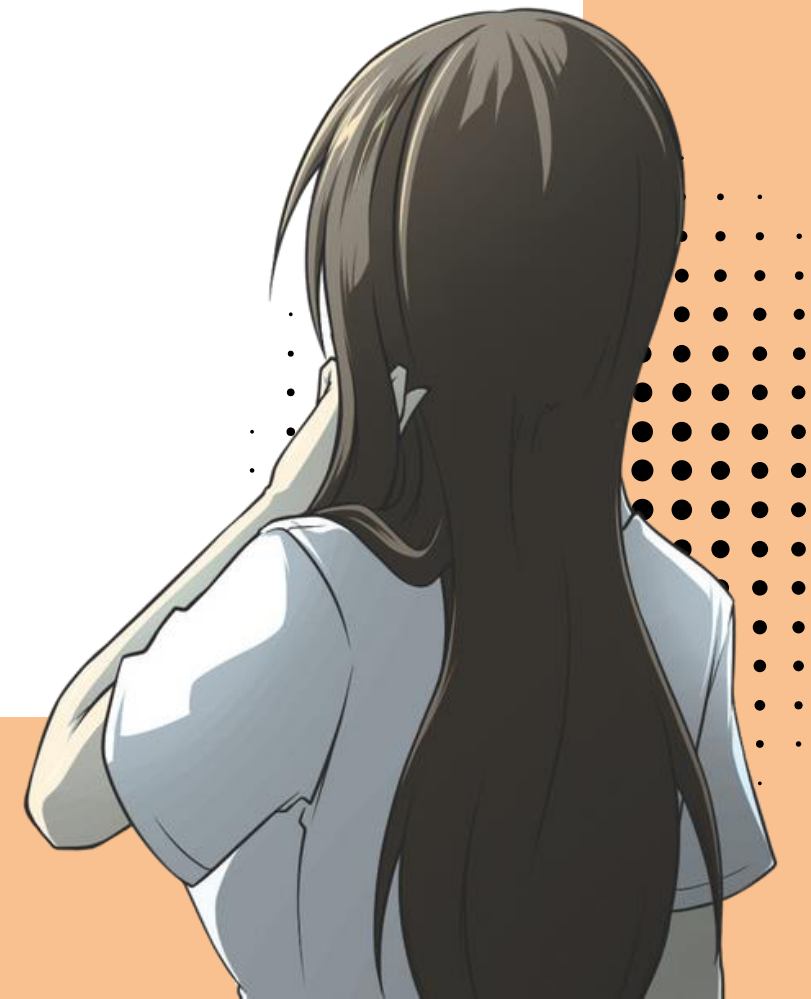


Hebrews 12:1-3, NLT

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.

Let's Discuss

What does this passage tell us to do?



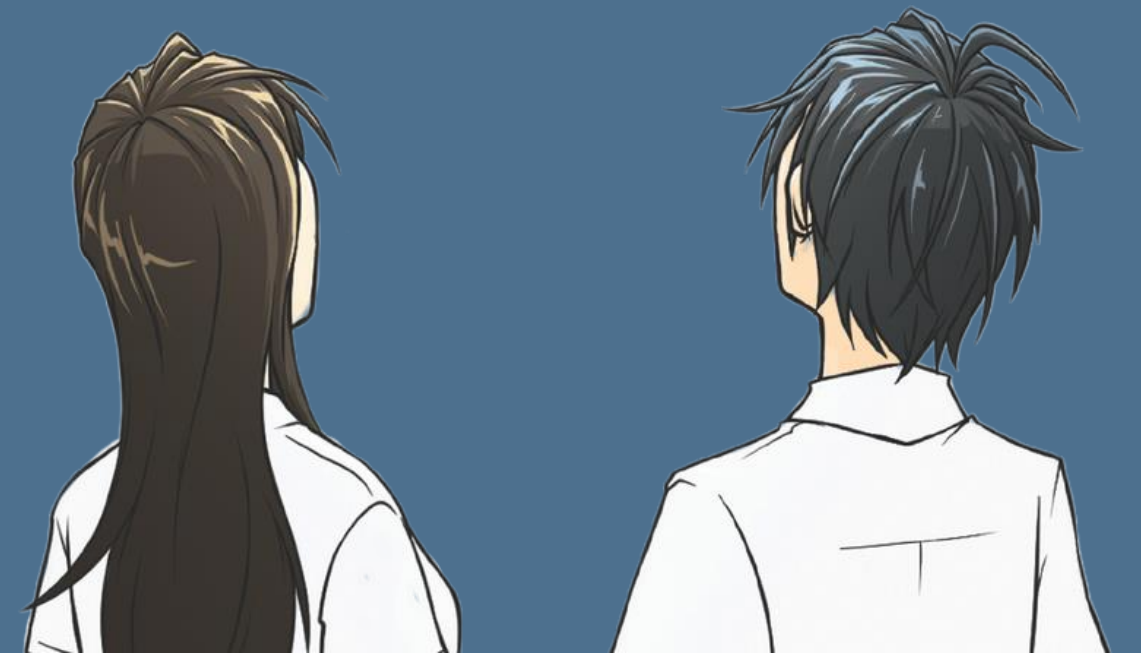
Let's Discuss

How is the life of discipleship like a race?



Time to Apply

- 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?



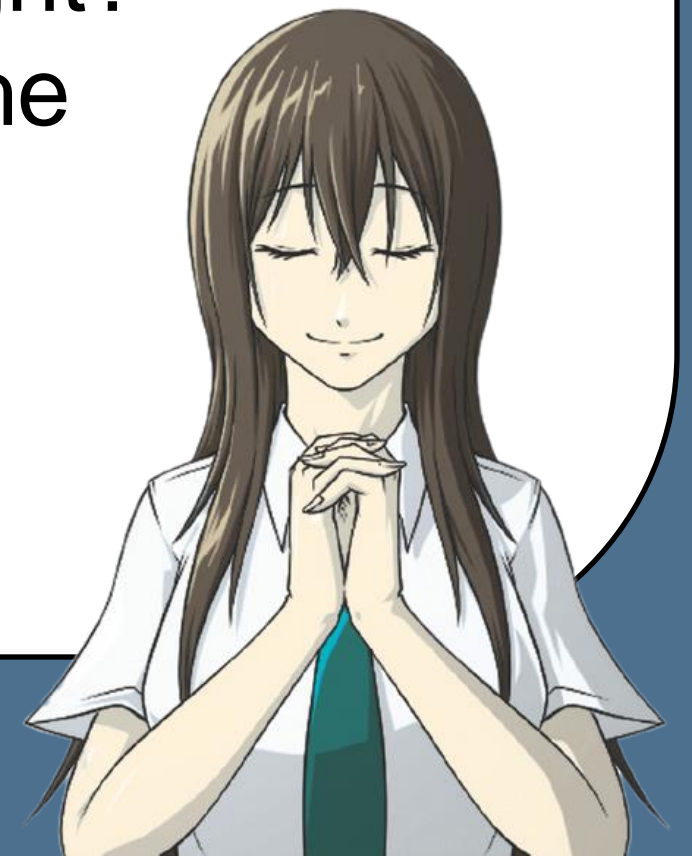


Practicing Life with Jesus



Time to Respond

- 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.





Hope For Tomorrow

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