



CUT IT OUT

VERSES TO READ:

GALATIANS 5:1 • JOHN 8:36; ROMANS 13:14 • 2 CORINTHIANS 5:16-20

When you were a kid, did you ever fall asleep with chewing gum in your mouth only to wake up with it deeply entangled in your hair? Or maybe you've had this happen to one of your kids? Nowadays, a quick internet search will give you tips on how to remedy the old gum-in-the-hair situation. Some say peanut butter does the trick. Others say it's all about olive oil. But sometimes you have such a mess on your hands, the only solution is to cut it out!

Whatever your background is, one thing is for certain; you brought gum-in-the-hair issues with you into your relationship with Jesus. We all do. Some of us come to Christ entangled with a past relationship and or destructive habit. Others come mixed up emotionally because of hurtful things others have said or done to us. Still, some of us seem to bring natural tendencies of being overly critical of ourselves and others. We want to become more like Jesus, but how do we really say goodbye to our yesterdays?

The Apostle Paul talks about this idea in **GALATIANS 5:1**. He says, "Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."

With His death, Jesus not only paid the penalty of your sin, He gave you His own righteousness. Jesus Himself said in **JOHN 8:36**, "So if the son sets you free, you will be free indeed." Saying goodbye to your past starts by knowing your freedom has already been purchased!

Next, you need to know this freedom comes with the particular strength you need to be disentangled from your past (**HEBREWS 12:1**). It may be uncomfortable, time consuming, and somewhat painful. You may have to cut out certain relationships or starve out certain habits, but you have the power to do it. You can throw off the old you (**EPHESIANS 4:22**) because Jesus said you are already free!

QUESTIONS TO CONSIDER:

- What habits, attitudes, and ways of thinking from my past or my family history are still affecting me today?
- What relationships should I walk away from in order to live in true freedom?

PRAYER TO PRAY

Lord Jesus, Your mission was to set captives free. Without You, I would be utterly lost and hopelessly bound to my past. Thank You for freeing me and empowering me to change. Help me to say goodbye to my yesterdays and become more like You every day. In Jesus' name, amen.