

“I run in the path of your commands, for you have set my heart free.”

Psalm 119:32



This wonderful little verse is tucked away in the longest chapter of the book of Psalms. The day I found it I was fretting over something not going my way. Out of sorts and heavy-hearted, I complained to God about my disappointment. Then, this little jewel showed up. “Kathy, look at this verse,” my inner voice beckoned. “You know why your heart is heavy? Because you are in your own way! Step aside, you’re blocking the light”.

So often we don’t experience freedom because we’re convinced our way is best, and all our effort to make our “best way” work out becomes a dark spot on God’s liberating path. We can’t get around it, over it, or under it. And we sure can’t go through it. But when we step aside and out of the way, there is no shadow. We’re free to run forward!

Freedom is the most wonderful feeling in the world. It comes from the realization that even though control is out of our hands, the One in charge is a lot bigger and smarter than we are. We can relax . . . if we’ll just do it. When we do, we gain a sense of tranquility, immunity, liberty, even lightheartedness.

My friends, our hands are not tied. We are not in prison. We do not have to believe that we are trapped without hope. We are free to be absolutely complete in Christ and to run the race set before us with confidence, power, and pleasure. We just need to get out of our own way and go for it.

What exactly does that mean? I think sometimes we can be our own worst enemy when it comes to enjoying life and all of the blessings that surround us. Far too often we are quick to weigh ourselves down, and sometimes even lock ourselves up, due to the emotions, reactions, feelings, and even sins that we carry. Perhaps it’s time to let those things which bind us go; to no longer be weighed down or held back. Maybe today is a great day to take that first important step toward living a life that is free in Christ.

So, in an effort to aid and to help in the discovery of a greater sense of freedom in your life, I pass this important list along to you. May you find it to be a helpful aid that allows you the opportunity for some self-reflection. This top 10 list, as I refer to it, was given to me many years ago, and yet, still, to this day I find it to be an important tool within my prayer life. May it be just as meaningful in your journey. Take the time not only to read through it but to pray on it, to sleep with it, to walk with it, to meditate on it, and if need be, to spend some time following through on it.

1. Free your heart from hatred.
2. Free your mind from worry.
3. Free your home from clutter.
4. Free your life from hurry.
5. Expect less.
6. Give more.
7. Exercise daily.
8. Laugh out loud.
9. Rest.
10. Pray without ceasing.

And finally, remember whose you are. “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him”
(Colossians 3:17)

Prayer:

**Heavenly Father,
This is the day that you have made. Help us to enjoy it freely. Thank you for our freedom in Christ. Help us to be free from hatred, worry, clutter, and hurry. May we strive in all of our efforts to live an effective life in you. Amen**