

S E R M O N O U T L I N E

STRESS

Relief

B R I G H T O N C O M M U N I T Y C H U R C H

²³ Before the coming of this faith, we were held in custody under the law, locked up until the faith that was to come would be revealed. ²⁴ So the law was our guardian until Christ came that we might be justified by faith. ²⁵ Now that this faith has come, we are no longer under a guardian.

²⁶ So in Christ Jesus you are all children of God through faith, ²⁷ for all of you who were baptised into Christ have clothed yourselves with Christ. ²⁸ There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. ²⁹ If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

¹ What I am saying is that as long as an heir is under age, he is no different from a slave, although he owns the whole estate. ² The heir is subject to guardians and trustees until the time set by his father. ³ So also, when we were under age, we were in slavery under the elemental spiritual forces of the world. ⁴ But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵ to redeem those under the law, that we might receive adoption to sonship. ⁶ Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, 'Abba, Father.' ⁷ So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

GALATIANS 3 – 4

#1. YOU CANNOT RELY ON YOUR ACHIEVEMENT

²³ Before the coming of this faith, we were held in custody under the law, locked up until the faith that was to come would be

revealed. ²⁴ So the law was our guardian until Christ came that we might be justified by faith. ²⁵ Now that this faith has come, we are no longer under a guardian.

GALATIANS 3

¹⁰ For all who rely on the works of the law are under a curse, as it is written: 'Cursed is everyone who does not continue to do everything written in the Book of the Law.'

GALATIANS 3

#2. YOU HAVE BEEN MADE ACCEPTABLE

⁴ But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵ to redeem those under the law, that we might receive adoption to sonship.

GALATIANS 4

¹³ Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a pole.'

GALATIANS 3

²⁶ So in Christ Jesus you are all children of God through faith, ²⁷ for all of you who were baptised into Christ have clothed yourselves with Christ. ²⁸ There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. ²⁹ If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

GALATIANS 3

¹ See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 JOHN 3

#3.

YOU HAVE BEEN GIVEN SPECIAL ACCESS

⁴ But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵to redeem those under the law, that we might receive adoption to sonship.

⁶ Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, 'Abba, Father.' ⁷ So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

GALATIANS 4

³⁵ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ³⁶ 'Abba, Father,' he said, 'everything is possible for you. Take this cup from me. Yet not what I will, but what you will.'

MARK 14

DISCUSSION QUESTIONS

- 1. In which area of your life do you feel that you need to produce results to be acknowledged? Why are our achievements insufficient to earn God's approval?**
- 2. What do you believe could be the worst thing that could happen to you? Despite this, why do you think we, as children of God, can still experience peace and joy?**
- 3. Knowing that you have been given access to God through Christ, how do you want to respond differently in your times of stress and anxiety?**