



## HOW TO STAY ON TRACK

The Road to Freedom, Part 5  
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“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” Galatians 5:1 (NIV)

### Big Idea:

- **Total freedom is not just a moment in time.**
- **Total freedom is a lifelong journey.**

“I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?” Romans 7:15-24 (NIV)

### How To Stay On Track:

#### 1. Rely on God’s power, not \_\_\_\_\_.

“What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.” Romans 7:24-25 (NIV)

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.” Romans 8:1-2 (NIV)

#### 2. Walk in \_\_\_\_\_, not \_\_\_\_\_.

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” Ecclesiastes 4:9-12 (NIV)

#### 3. Pursue \_\_\_\_\_ freedom, not just \_\_\_\_\_.

##### Total freedom:

- **Keep going to the source.**
- **Keep forgiving.**

“Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.” Luke 11:4 (NIV)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32 (NIV)

- **Keep owning your junk.**

Take your next steps!



1. willpower 2. community 3. alone  
4. total 5. good enough



## 如何留在自由的軌道上

自由之路 (五)

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「基督釋放了我們，叫我們得以自由，所以要站立得穩，不要再被奴僕的軛挾制。」  
加拉太書 5:1 (和合本)

重點：

- 整全的自由，不僅是一個時刻
- 整全的自由，是一生的旅程

「因為我所做的，我自己不明白；我所願意的，我並不做；我所恨惡的，我倒去做。若我所做的，是我所不願意的，我就應承律法是善的。既是這樣，就不是我做的，乃是住在我裏頭的罪做的。我也知道在我裏頭，就是我肉體之中，沒有良善。因為立志為善由得我，只是行出來由不得我。故此，我所願意的善，我反不做；我所不願意的惡，我倒去做。若我去做所不願意做的，就不是我做的，乃是住在我裏頭的罪做的。我覺得有個律，就是我願意為善的時候，便有惡與我同在。因為按着我裏面的意思，我是喜歡神的律；但我覺得肢體中另有個律和我心中的律交戰，把我擄去，叫我附從那肢體中犯罪的律。我真是苦啊！誰能救我脫離這取死的身體呢？」  
羅馬書 7:15-24 (和合本)

如何留在自由的軌道上：

### 1. 依靠上帝的能力、而不是\_\_\_\_\_

「我真是苦啊！誰能救我脫離這取死的身體呢？感謝神！靠着我們的主耶穌基督就能脫離了。這樣看來，我以內心順服神的律，我肉體卻順服罪的律了。」  
羅馬書 7:24-25 (和合本)

「如今，那些在基督耶穌裏的就不定罪了。因為賜生命聖靈的律在基督耶穌裏釋放了我，使我脫離罪和死的律了。」  
羅馬書 8:1-2 (和合本)

### 2. 與\_\_\_\_\_、而不是\_\_\_\_\_

「兩個人總比一個人好，因為二人勞碌同得美好的果效。一人跌倒，另一人還能伸出援手；一人孤身跌倒，那就真是倒楣了。再者，二人同睡，就都暖和；一人獨睡，怎能暖和呢？有人攻勝孤身一人，若有二人便能敵擋他；三股合成的繩子不容易折斷。」  
傳道書 4:9-12 (和合本/新普及譯本)

### 3. 追求\_\_\_\_\_的自由、而不僅是

「\_\_\_\_\_」

整全的自由：

- 繼續追溯源頭
- 不斷寬恕

「赦免我們的罪，因為我們也赦免凡虧欠我們的人。不叫我們遇見試探。」  
路加福音 11:4 (和合本)

「並要以恩慈相待，存憐憫的心，彼此饒恕，正如神在基督裏饒恕了你們一樣。」  
以弗所書 4:32 (和合本)

- 繼續承擔自己的錯誤

踏出你的下一步！



1. 意志力 2. 羣體同行 3. 一人獨行 4. 整全 5. 夠好