

Theme: Our culture speaks a lot about freedom but usually assumes freedom is escaping any limitations. However, true freedom is found, not in rejecting limits, but embracing the limits God has placed on us as His created image-bearers.

I. The Key To Human Freedom

- A. Theme: The key to human freedom is recognizing and embracing our inherent nature as we were created by God, including both the God-given dignity and limits of that nature.
- B. Text: Genesis 1:26-31; 2:15-17
- C. Response: Communion
- D. Benediction: Psalm 115:14-15
- E. Teaching keywords: Freedom; humanity; Lent; creation; image of God; Sovereignty of God

II. Freedom: Embracing The Limits of Body and Soul

- A. Theme: True freedom is found in recognizing humanity as including both body and soul, and embracing the inherent identity and limits of both.
- B. Text: Genesis 1:26-28; 2:7
- C. Response: Communion
- D. Benediction: 1 Thessalonians 5:23-24
- E. Teaching keywords: Freedom; humanity; Lent; creation; LGBTQ+; sex

III. Freedom: Embracing the Rhythm of Work and Rest

- A. Theme: True freedom embraces the rhythm of work and rest, for body and soul, that God built into creation.
- B. Text: Genesis 1:26-28; 2:1-3; 2:15
- C. Response: Communion
- D. Benediction: Psalm 90:17
- E. Teaching keywords: Freedom; humanity; Lent; calling and work; Sabbath and rest

IV. Freedom: Embracing Feasting and Fasting

- A. Theme: True freedom is found in a proper relationship with food, neither despising nor idolizing it, but rather rejoicing in it as God's good gift which points to our ultimate need for God Himself.
- B. Text: Genesis 1:29; 2:15-17
- C. Response: Communion
- D. Benediction: Genesis 27:28; Deuteronomy 33:15-16
- E. Teaching keywords: Freedom; humanity; Lent; fasting; Lord's Supper

V. Freedom: Embracing the Limits of Marriage and Sex

- A. Theme: Freedom is found in embracing the truth that marriage is the lifelong union of one man and one woman, and it is the only proper context for human sexual activity.
- B. Text: Genesis 1:28; 2:20-25
- C. Response: Communion
- D. Benediction: Psalm 128:5-6
- E. Teaching keywords: Freedom; humanity; Lent; marriage and family; sex; sexual sin; LGBTQ+

VI. Freedom, Limits, and the Nature of Sin

- A. Theme: Sin promises freedom and fulfillment if I will reject God's limiting commands and design, but this always produces deadly results rather than life, freedom, and flourishing.
- B. Text: Genesis 2:15-17; Genesis 3
- C. Response: Communion
- D. Benediction: 1 Thessalonians 5:23-24
- E. Teaching keywords: Freedom; humanity; Lent; sin; temptation

VII. Freedom From Death Through the Second Adam

- A. Theme: Adam's sin brought us slavery to death, but Jesus, the Second Adam, has conquered and gives freedom from death to His people through the resurrection.
- B. Text: 1 Corinthians 15:20-28
- C. Response: Communion
- D. Benediction: Revelation 1:4-6
- E. Teaching keywords: 2nd Adam; freedom; humanity; Easter; resurrection

The Freedom of Limits - Series Outline
Lent 2021