

Words of Freedom

Step 1: Read each text.

Step 2: Read each text again. This time, circle words or phrases that you think relate to freedom.

Step 3: Read each text a third time. This time, underline words or phrases that you think relate to rules or discipline.

Let your love, God, shape my life with salvation, . . .
Don't ever deprive me of truth, not ever—
Your commandments are what I depend on. . . .
And I'll stride freely through wide open spaces
As I look for your truth and your wisdom;
Then I'll tell the world what I find,
Speak out boldly in public, unembarrassed.
I cherish your commandments—oh, how I love them!

—Psalm 119:41-48 (*THE MESSAGE*)

As far as your self-control goes, as far goes your freedom.

—Marie Von Ebner-Eschenbach, Austrian writer

“Everything is permissible”—but not everything is beneficial. “Everything is permissible”—but not everything is constructive. Nobody should seek his own good, but the good of others. . . . So whether you eat or drink or whatever you do, do it all for the glory of God.

—1 Corinthians 10:23-24, 31 (NIV)



In his own strength, without divine grace, man cannot do good works pleasing and acceptable to God. We believe, however, man influenced and empowered by the Holy Spirit is responsible in freedom to exercise his will for good.

—“Article VII—Sin and Free Will,” The Confession of Faith of The Evangelical United Brethren Church

I loved the feeling of freedom in running, the fresh air, the feeling that the only person I’m competing with is me. . . . I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened. . . . It doesn’t matter what you’re trying to accomplish. It’s all a matter of discipline. I was determined to discover what life held for me beyond the inner-city streets.

—Wilma Rudolph, runner and Olympic gold medalist

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, “You shall love your neighbor as yourself.”

—Galatians 5:13-14