

HIGHER AIM WITH DR. CURT DODD

Passing Your Faith Along

Sermon Single | Galatians 5:1

INTRODUCTION

Many of us remember the cultural phenomenon of the movie *Frozen*. Beyond the catchy songs that our children or grandchildren may have sung, there is a powerful message in the story. The character Elsa struggles to embrace the power she possesses. She hides herself away, afraid of what might happen if she lets others see the unique abilities within her. It is a narrative many of us can relate to, the fear of shining too brightly or the hesitation to fully step into the gifts God has given us. We become frozen by our past, by our fears, and by the limits we place on ourselves.

This internal struggle is not just a storyline in a movie; it is a spiritual reality. The kingdom of God calls us to a life of freedom, not bondage. Yet, how many of us live as though we are still chained to our old selves? Jesus did not come to give us a life of timid containment. He came to set us free. The Scripture is clear that we are called to live without the limits of fear and self-doubt. God has a purpose for you, a future, and a hope, but to walk into it, you must first be willing to let go of what holds you back.

KEY POINTS

1. Let Go of the Past That Holds You Back

The prophet Jeremiah delivered a message of hope to a people in exile, reminding them, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” This promise is for us today, but we cannot receive God’s future while clinging to the pain of our past. To live a life without limits, we must first release the burdens that weigh us down. This includes self-doubt, the fear of judgment from others, and the personal limitations we have accepted as truth. Your past mistakes, your failures, and your wounds do not define the future God has for you. Letting go is an act of faith, trusting that God’s plan for your welfare is greater than the history that keeps you captive.

You and I need to understand that letting go is not about forgetting what happened. It is about releasing its power over our lives. This begins with a transformed heart, a genuine work of God that says your identity is in Christ, not in your history. This is the essence of regeneration. It means you can look at your past and declare that it has no authority over your future because of Christ’s work on the cross. This is not a call to “try harder.” It is a call to trust more deeply. When you are tempted to dwell on past regrets, remind yourself of the truth of Scripture. God’s grace is sufficient, and His plan for you is one of hope. This is the first step to living a life without limits.

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2. Embrace the Freedom Christ Has Given You

The Apostle Paul writes with powerful clarity, “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.” The Christian life is not about exchanging one set of rules for another. It is about living in the radical freedom that Christ purchased for us. This freedom is not an excuse for reckless living, but the empowerment to live righteously, unchained from the sin and fear that once defined us. Embracing this freedom means you no longer have to live according to the world’s expectations or your old patterns of behavior. You are free to live for Christ. This is a profound truth that should change how we approach every single day.

Embracing this freedom requires daily, steady obedience. It means choosing to walk in the Spirit, even when the world pressures you to conform. Resisting cultural accommodation is not about being combative; it is about being faithful. Ask yourself, what does it look like for me to live in Christ’s freedom in my family, in my workplace, and in my church? For some, it may mean extending forgiveness where you once held a grudge. For others, it might mean speaking the truth in love when it would be easier to remain silent. This is what it means to live out our salvation. It is a personal, genuine faith that impacts every part of our lives and provides a powerful witness to our children and grandchildren about the transformative power of the gospel.

3. Feed Your Faith, Not Your Fear

Chronic fear can cloud our judgment and cause us to live far beneath our potential in Christ. The author Max Lucado once said, “Feed your fears, and your faith will starve. Feed your faith, and your fears will leave.” This is a simple but profound truth. A life without limits is fueled by faith, not paralyzed by fear. In his letter, Peter encourages believers to be self-controlled and to set their hope fully on the grace to be brought to them when Jesus Christ is revealed. A sound mind, rooted in the promises of God, remembers that if God has called us to something, He will equip us to handle it. When fear begins to rise, we have a choice. We can either feed that fear with worry and doubt, or we can feed our faith with the truth of God’s Word.

Feeding your faith is a practical, daily discipline. It means being anchored in the authority and sufficiency of Scripture. Are you spending more time consuming the news of the world than the good news of the gospel? Your answer to that question will reveal whether you are feeding your faith or your fear. Let me encourage you to find one promise from God’s Word and hold onto it this week. Write it down. Meditate on it. Pray over it. When you intentionally nourish your spirit with truth, fear begins to lose its grip. This is not a complicated formula. It is a call to simple, quiet faithfulness. This is how we build a legacy of trust in God, showing the next generation that our hope is not in our circumstances, but in the unchanging character of our Lord.

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QUESTIONS TO CONSIDER

1. What specific burden from your past, such as a fear, a mistake, or a hurt, do you need to intentionally release to God in order to embrace the future He has for you?
2. In what practical area of your life, your relationships, your thoughts, or your habits, can you more fully live out the freedom that Christ has given you this week?
3. What is one specific action you can take to "feed your faith" instead of your fears, and how might this impact your witness to those around you?
