


***“The Gospel of Freedom***   
***and the  
Things  
That  
Hinder”***

# The **New** Testament

## Galatians 5:2-7

Matthew

Mark

Luke

John

Acts

Romans

1/2 Corinthians

*Galatians*

Ephesians

Philippians

Colossians

1/2 Thessalonians

1/2 Timothy

Titus

Philemon

Hebrews

James

1/2 Peter

1/2/3 John

Jude

Revelation



A scenic landscape featuring a dirt road that stretches into the distance, flanked by green fields and trees. In the foreground, a running track with white lane markings is visible, with the numbers 2, 3, 4, 5, 6, and 7 painted on the lanes. The sky is filled with soft, white clouds, and the overall atmosphere is peaceful and inspiring.

LET US RUN WITH PERSEVERANCE  
THE RACE MARKED OUT FOR US.

*Hebrews 12:1*

## Galatians 5:7; Hebrews 12:1

*“You were running a good **race**.”*

*“... let us throw off everything that hinders  
and the sin that so easily entangles.  
And let us **run** with perseverance  
the **race** marked out for us...”*



## Philippians 3:12-14

*“Not that I have already obtained all this,  
or have already arrived at my **goal**,  
but I **press on to take hold** of that  
for which Christ Jesus took hold of me.*



## Philippians 3:12-14

*“Brothers and sisters, I do not consider myself yet to have **taken hold** of it. But one thing I do: Forgetting what is behind and **straining** toward what is ahead, I **press on** toward the **goal** to win the **prize** for which God has **called me heavenward** in Christ Jesus....”*

## 2 Timothy 4:7

*"I have fought the good fight,  
I have **finished the race**,  
I have kept the faith."*





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## Matthew 16:24

*“Jesus said to his disciples,  
‘Whoever wants to be my disciple  
must **deny** themselves and take up their **cross**  
and follow me.’”*

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## ***Hindrances –***

*Obstacles which keep us from  
the freedom God offers*

***The Performance Trap***

***The Approval Trap***

***The Blame Trap***

***The Shame Trap***

## ***Highways –***

*Christ's antidotes which  
empower us to live in freedom*

***Justification***

***Reconciliation***

***Propitiation***

***Regeneration***



# 1) What is the performance trap?




# 1) What is the performance trap?


- A lie saying,

*"I must meet certain standards in order to feel good about myself."*





The background image shows a prison corridor. In the foreground, there is a black metal gate with vertical bars. To the right of the gate, a door is open, revealing a bright, arched tunnel that recedes into the distance. The text is overlaid on the left side of the image.

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# 1) What is the performance trap?

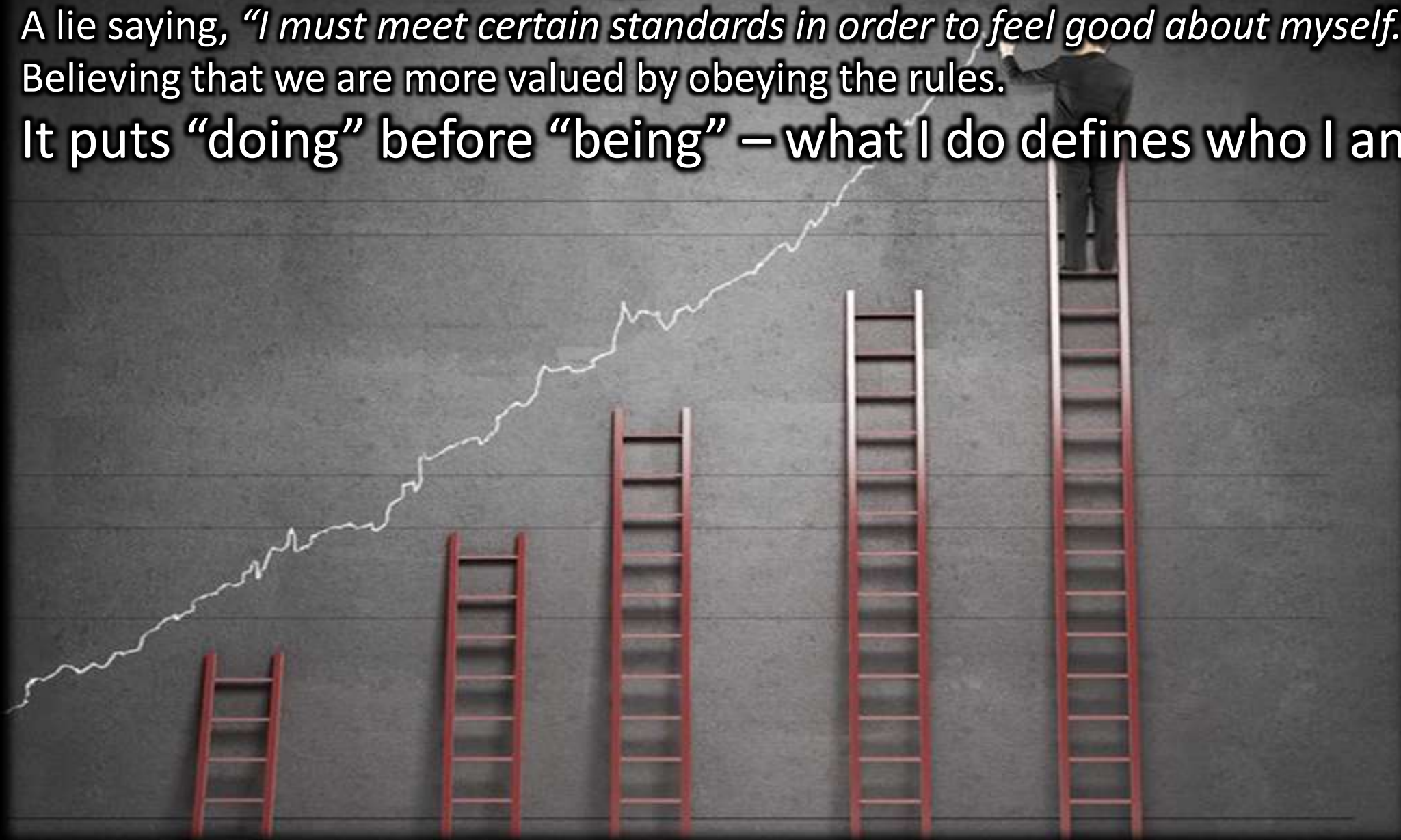
- A lie saying, *"I must meet certain standards in order to feel good about myself."*
- Believing that we are more valued by obeying the rules.





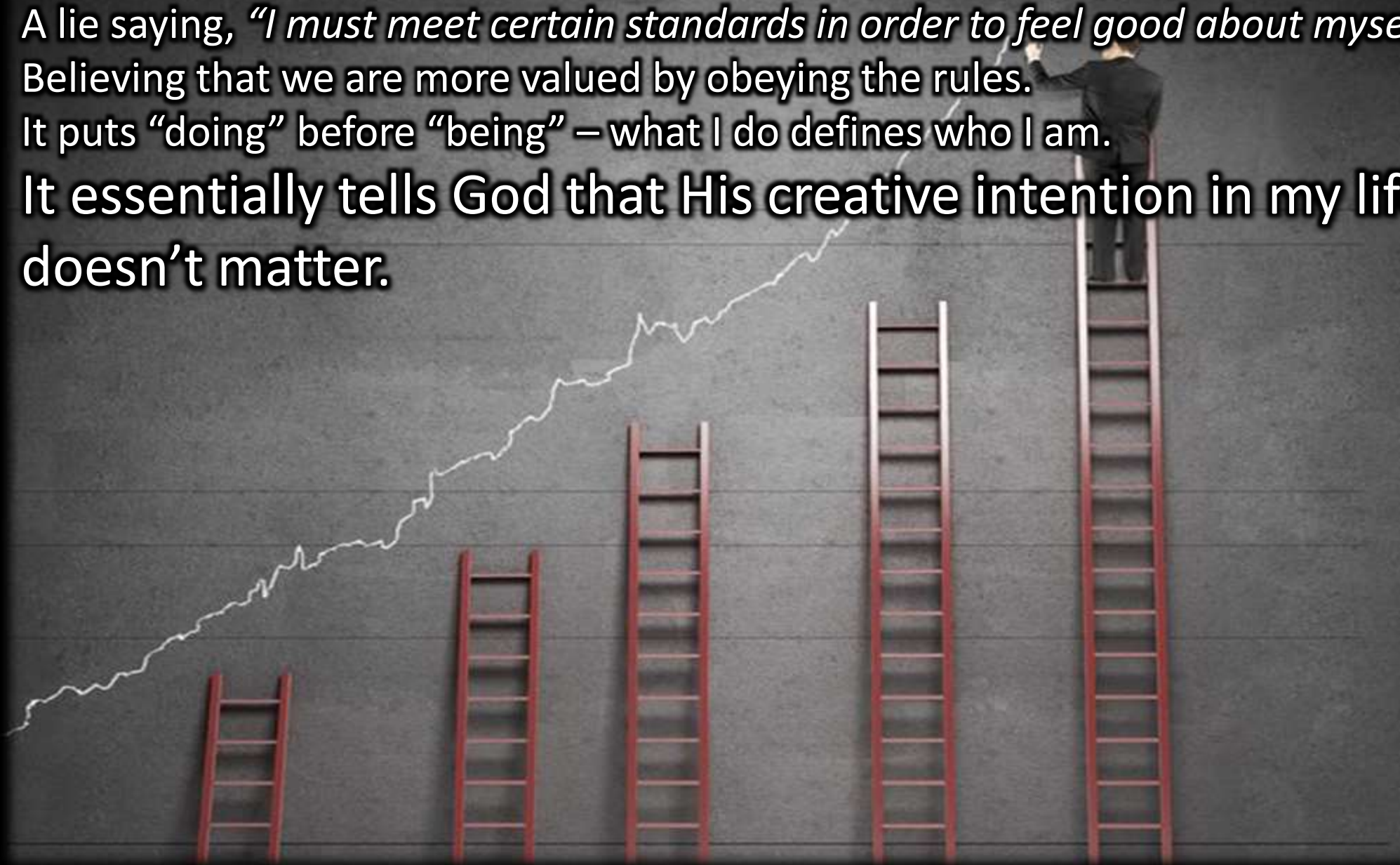
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- It puts "doing" before "being" – what I do defines who I am.



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- A lie saying, *"I must meet certain standards in order to feel good about myself."*
- Believing that we are more valued by obeying the rules.
- It puts "doing" before "being" – what I do defines who I am.
- It essentially tells God that His creative intention in my life doesn't matter.

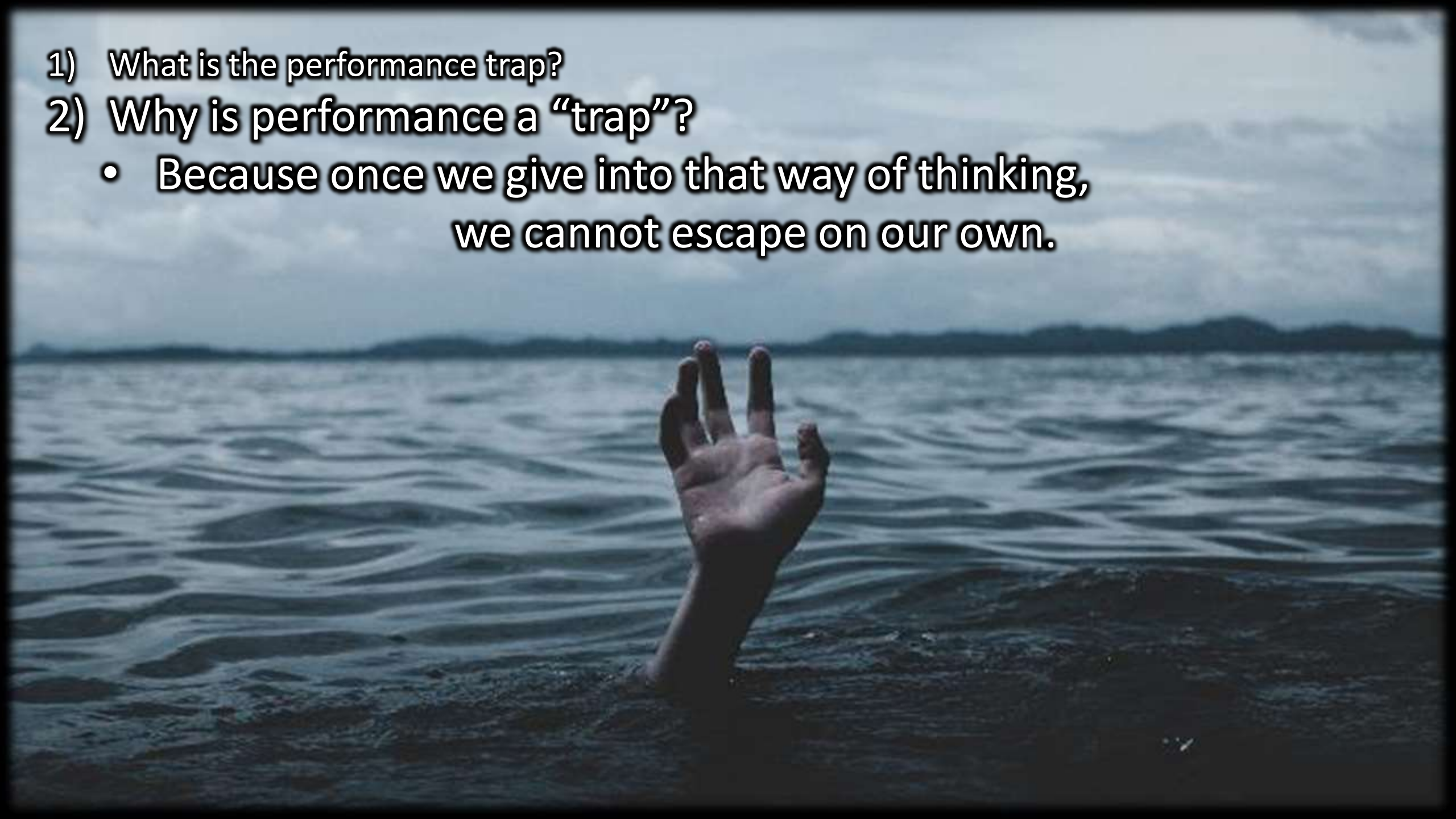




- 1) What is the performance trap?
- 2) Why is performance a “trap”?



- 1) What is the performance trap?
- 2) Why is performance a “trap”?
  - Because once we give into that way of thinking, we cannot escape on our own.

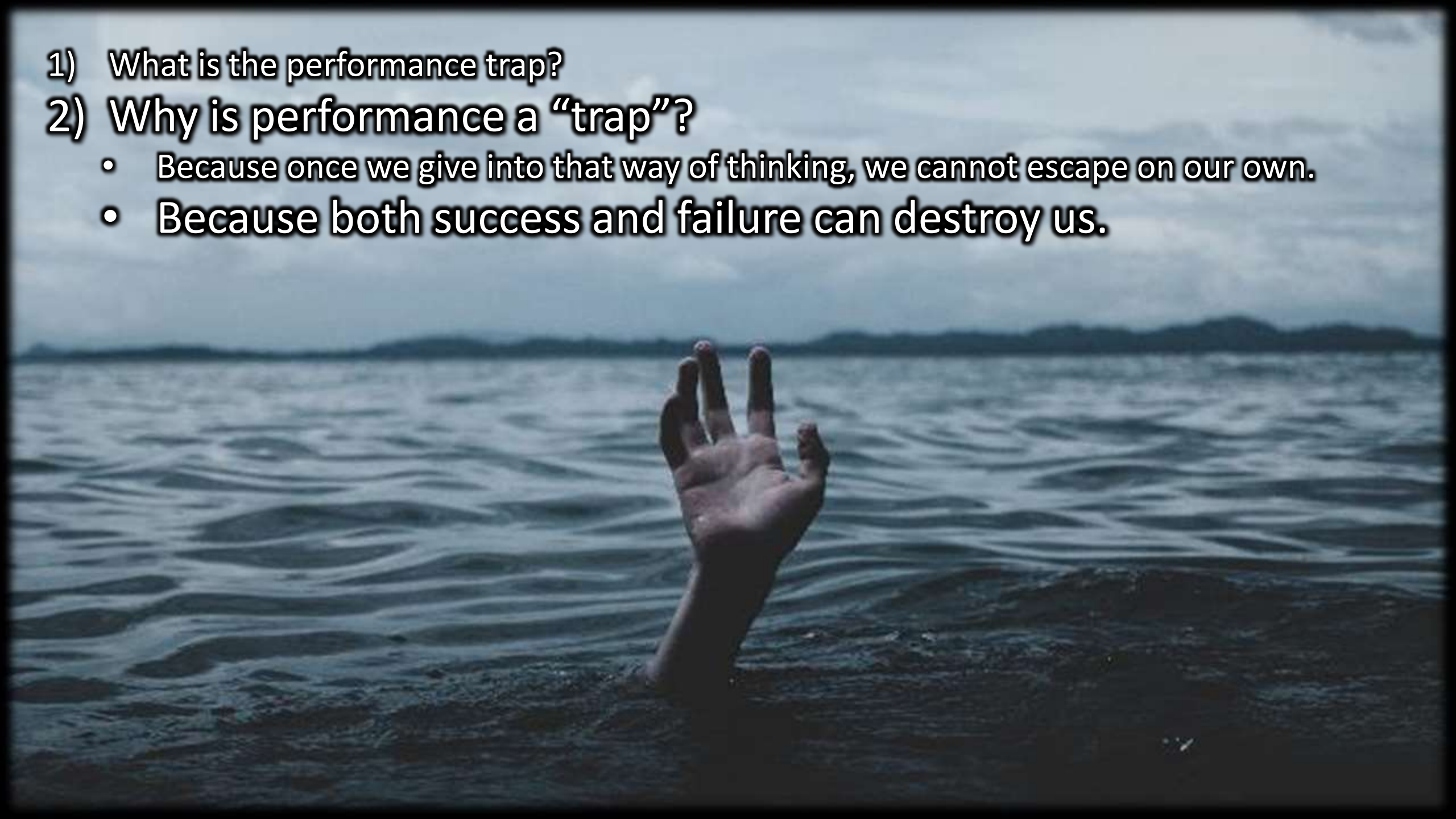




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- Because once we give into that way of thinking, we cannot escape on our own.
- Because both success and failure can destroy us.



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leading to perfectionism.





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- Because once we give into that way of thinking, we cannot escape on our own.
- Because both success and failure can destroy us.
  - Success can deceive us to think this way “works”, leading to perfectionism.
  - Failures can fill us with hopelessness / worthlessness making us withdraw.





- 1) What is the performance trap?
- 2) Why is performance a “trap”?
- 3) How does it hinder us in following Jesus?





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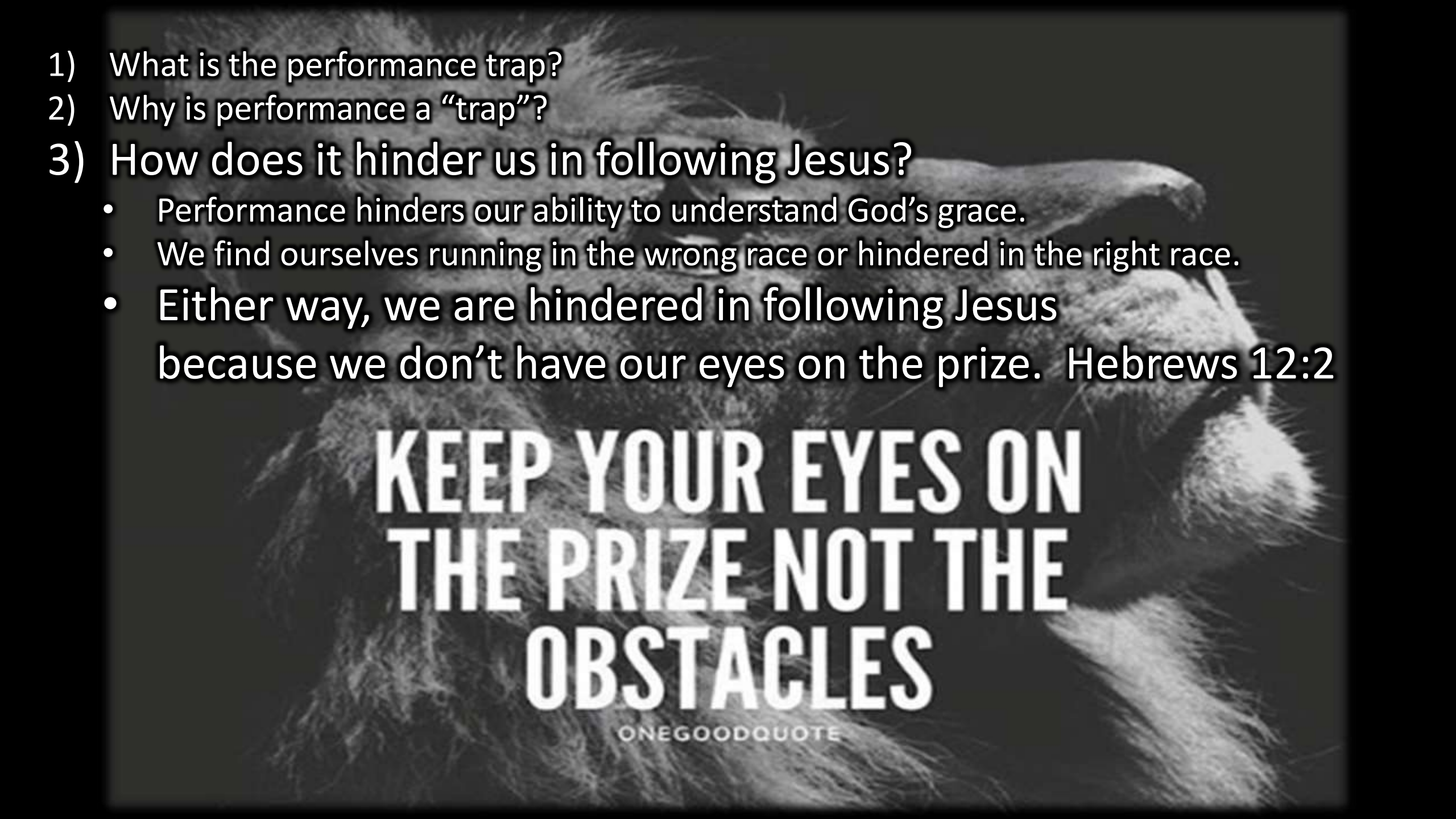
A M A Z I N G  
grace



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  - We find ourselves running in the wrong race or hindered in the right race.





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- 1) What is the performance trap?
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    - Performance hinders our ability to understand God’s grace.
    - We find ourselves running in the wrong race or hindered in the right race.
    - Either way, we are hindered in following Jesus because we don’t have our eyes on the prize. Hebrews 12:2

**KEEP YOUR EYES ON  
THE PRIZE NOT THE  
OBSTACLES**

ONEGOODQUOTE

## Philippians 3:12-14

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or have already arrived at my **goal**,  
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## Hebrews 12:1

*“... let us throw off everything that hinders  
and the sin that so easily entangles.  
And let us **run** with perseverance  
the **race** marked out for us...  
Let us **fix our eyes on Jesus**...”*



- 1) What is the performance trap?
- 2) Why is performance a “trap”?
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- 4) What can the performance trap produce if undetected and unaddressed?



*Me*

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When we succeed:

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When we succeed:

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- Chemical dependency.
- Loss of identity.

A 3D orange stick figure is shown from the side, holding a magnifying glass with a silver frame and a dark handle. The figure is holding the handle with its right hand and the lens of the magnifying glass is positioned over its chest area. The figure's left leg is bent and it appears to be leaning forward slightly. The background is plain white.

# Me

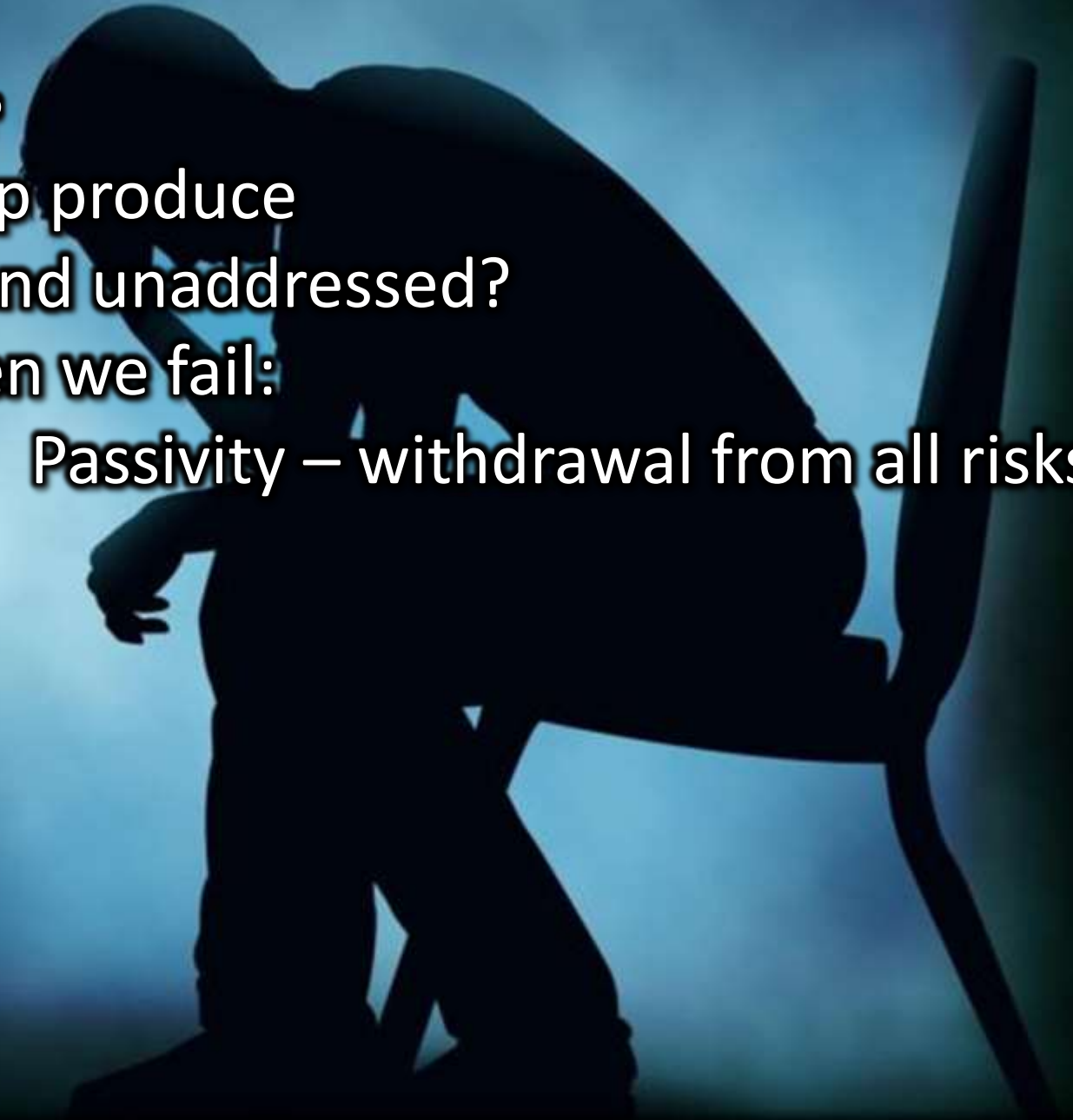
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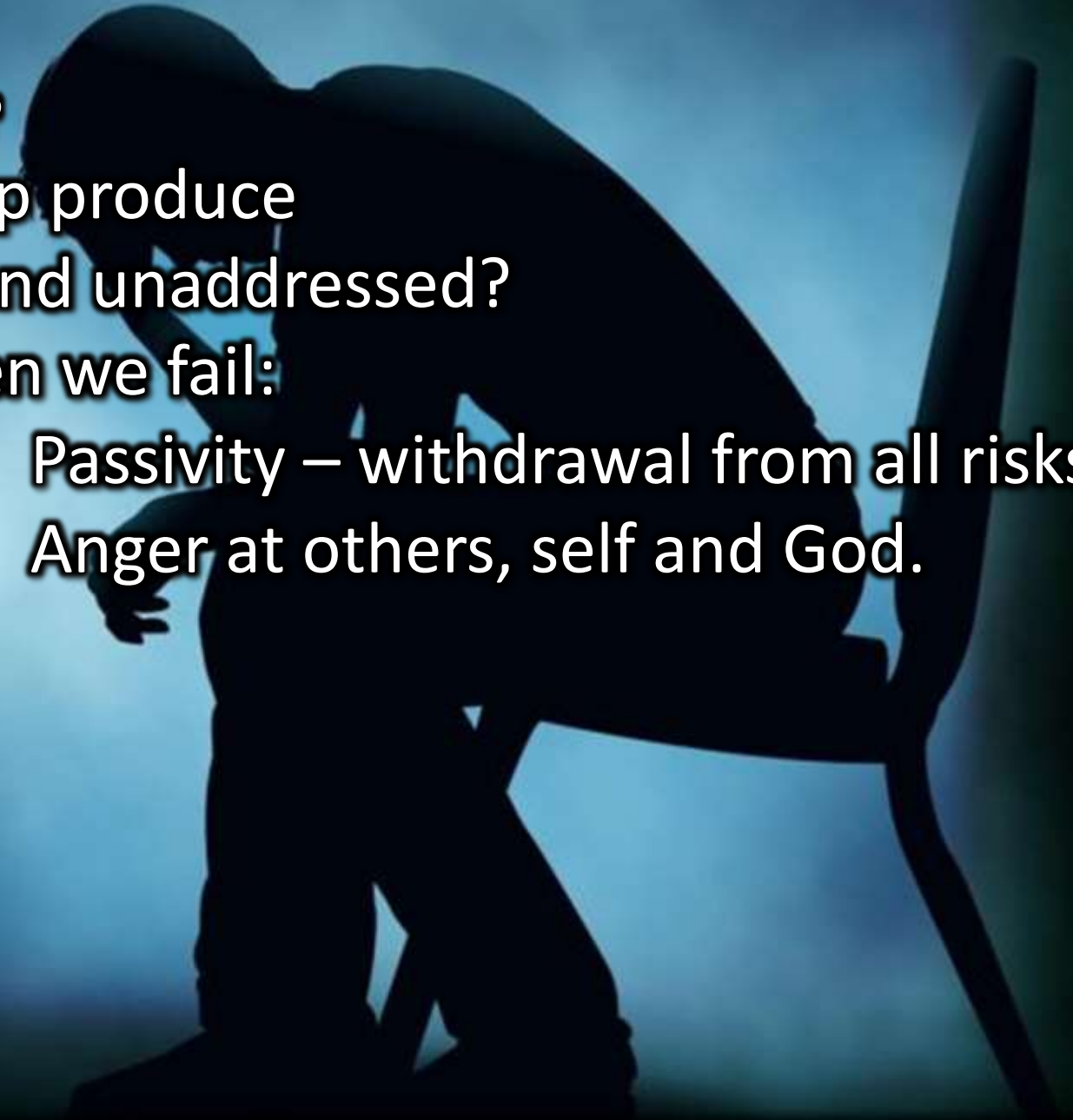
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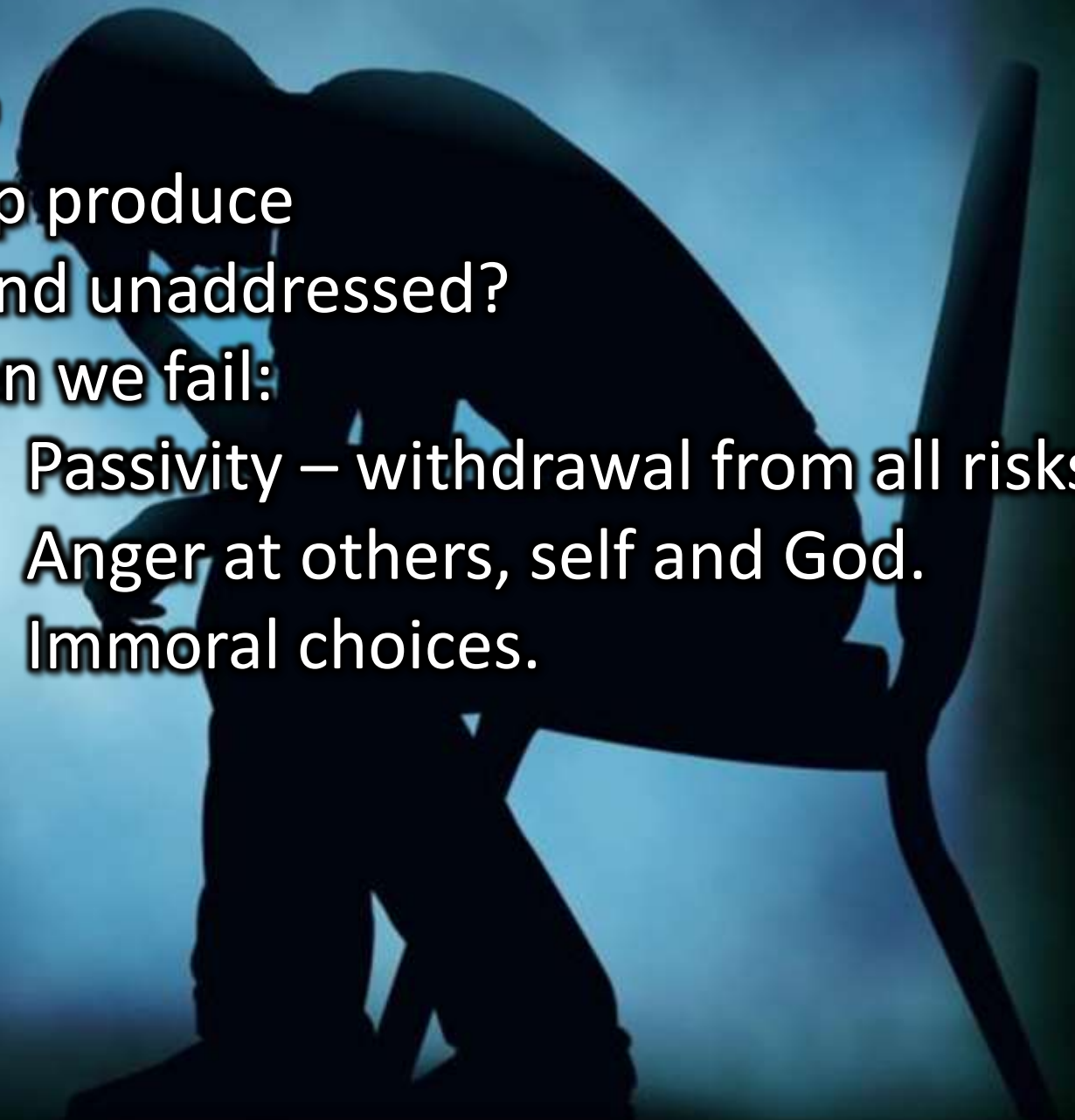
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- Immoral choices.





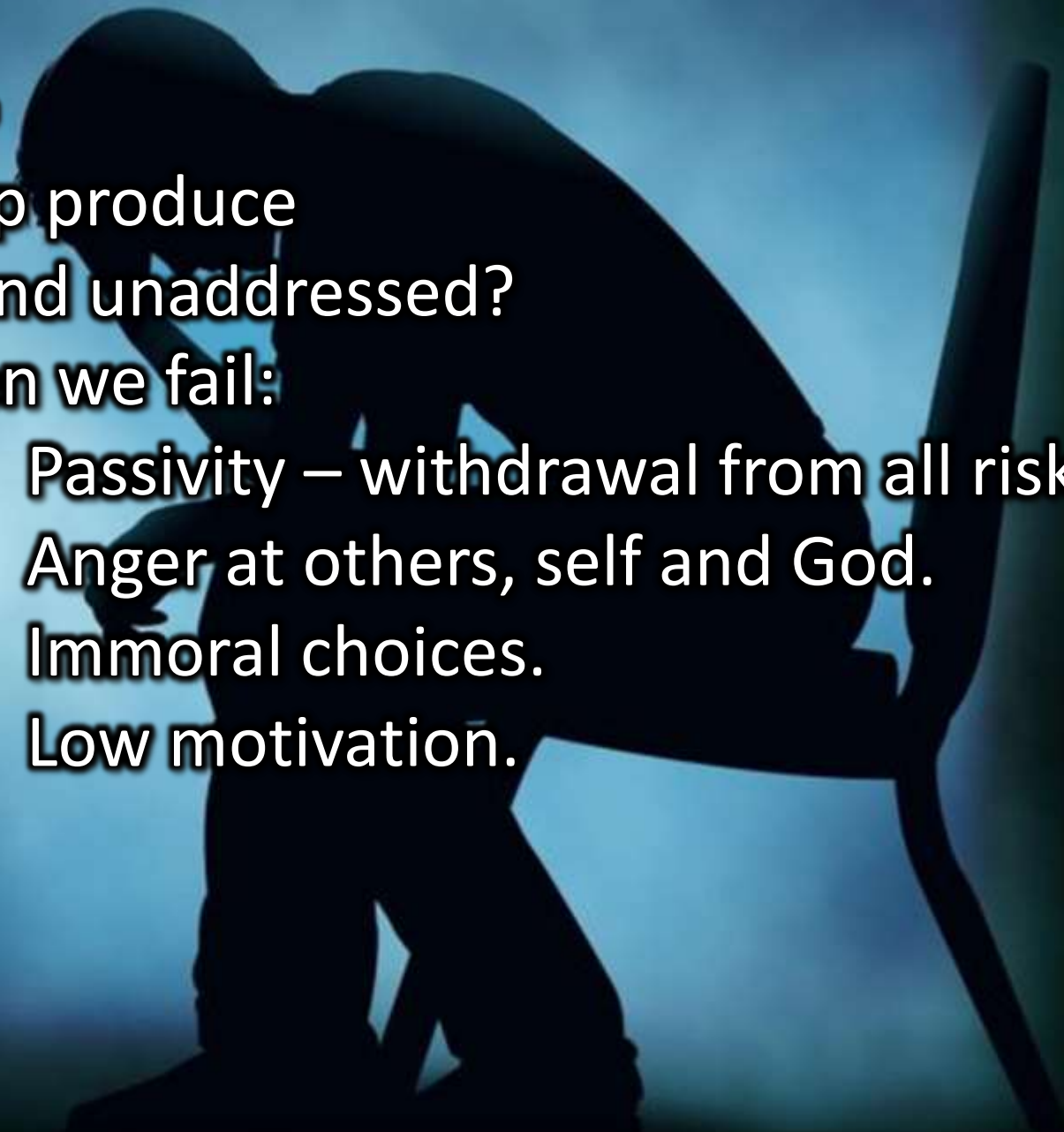
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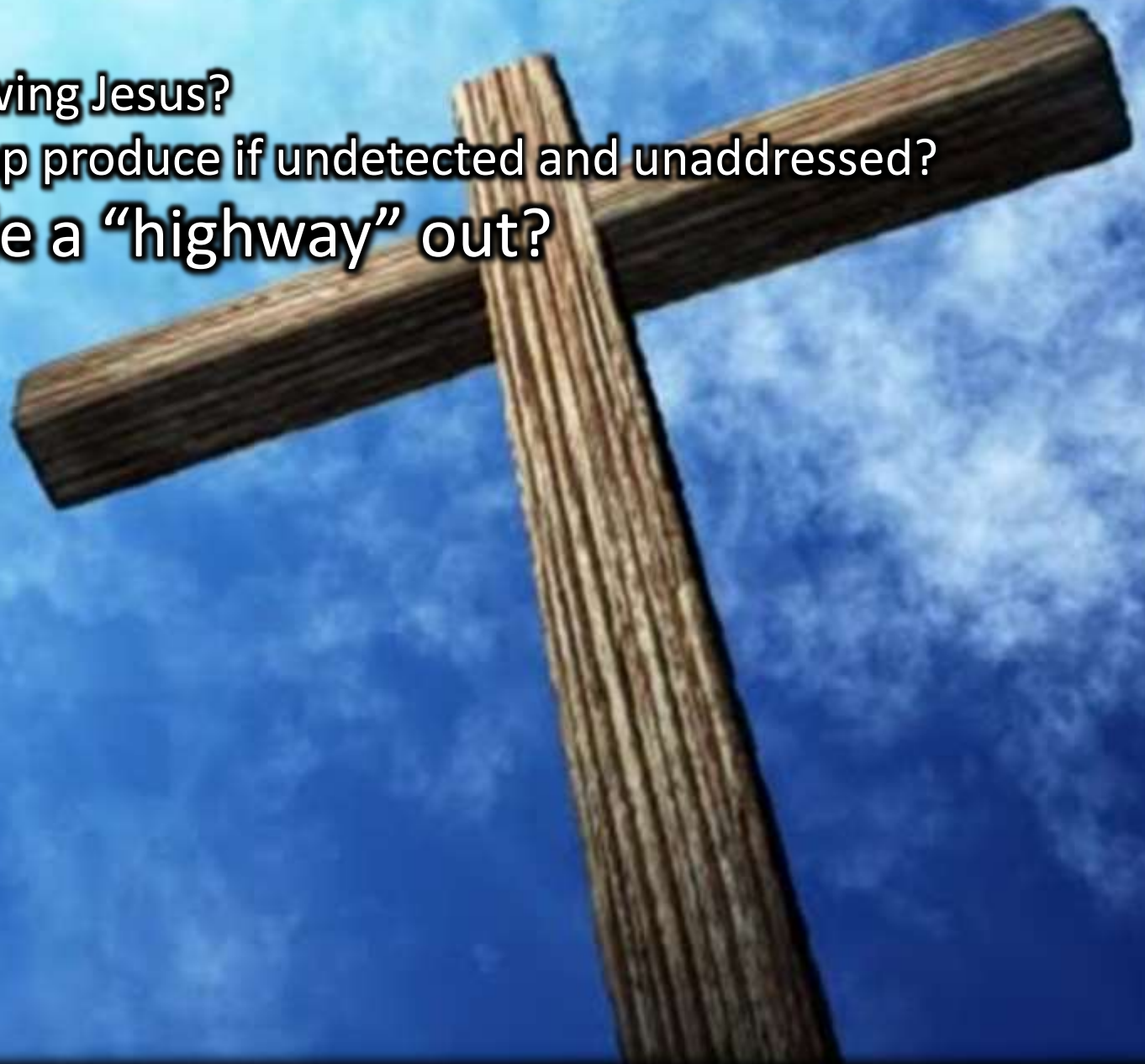
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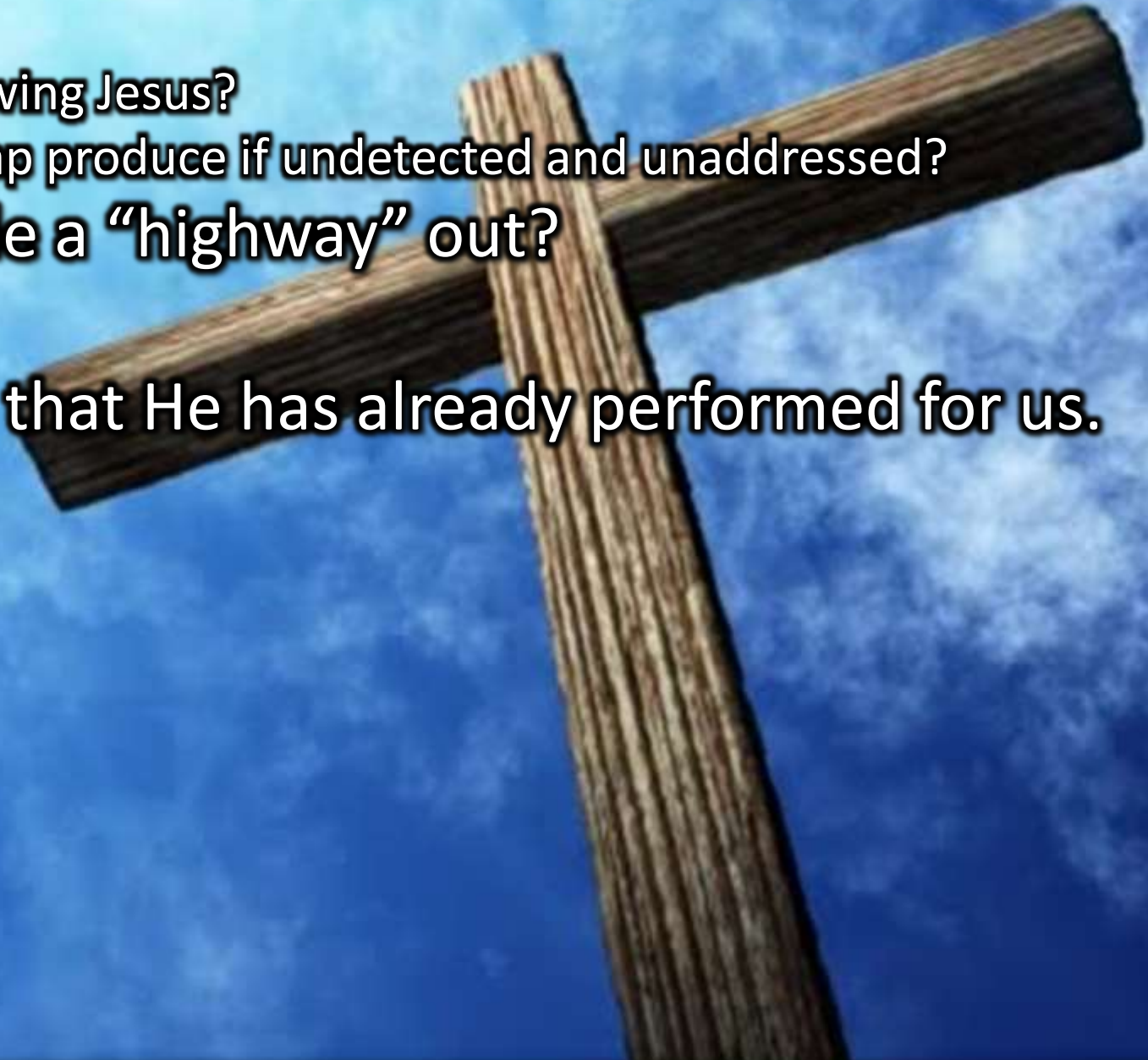
- Passivity – withdrawal from all risks.
- Anger at others, self and God.
- Immoral choices.
- Low motivation.

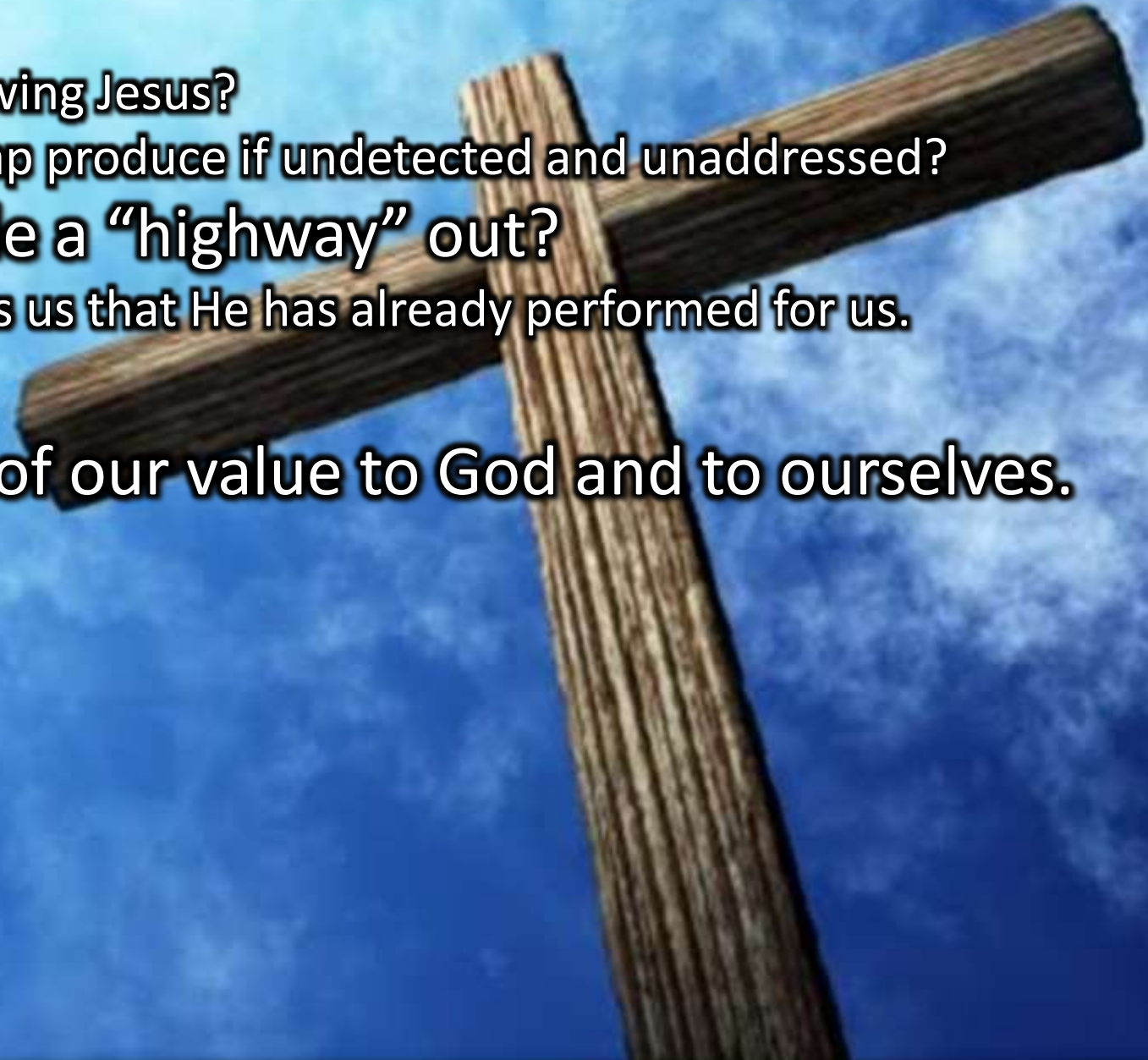


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- 5) How does Jesus provide a “highway” out?





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- A wooden cross is positioned diagonally across the frame, set against a bright blue sky filled with soft, white clouds. The cross is made of two weathered wooden beams. The text of the list is overlaid on the left side of the image, with the cross's vertical beam passing behind it.
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- Real success: Jesus reminds us that He has already performed for us.
- Real value:

A proclamation of our value to God and to ourselves.



*Come to the  
Table of the Lord...*

