



GRACE & GRIT

[DISCUSSION QUESTIONS]

Freedom from Legalism
March 21, 2021

Describe your early years as a Christian. Were those years marked with rest or were they rigid? Are there parts of it that you are thankful for? What parts have made your faith journey hard?

Read Matthew 23:1-5

Why is it so easy for Christians to fall into legalism?

Shay used the illustration of sinking sand to describe our struggle against worldly pleasure and sin when we rely on our own power. He said, “the more you struggle, the more you sink.” Does that narrative fit your story?

There are many faces of legalism. Shay talked about the following three things we need to be on the lookout for:

- Focus is on religion more than relationships (Socially imposed burdens)
- Following rules without a surrendered heart (Self imposed burden)
- Adding human rules to God’s rules and treating them as divine (Burdens we impose on others)

Can you think of specific examples of each type of legalism? How do these thoughts skew our view of God? How do they distort our view of ourselves?

Shay shared the areas where he tends to fall into legalism. Are any of these areas a struggle for you?

- Being judgmental or critical of others (Lamentations 3:39-40)
- Comparing myself to others (Philippians 2:3)
- Discipline shifting from delight to duty (Matthew 6:33)
- Hearing a message and thinking about the other people it applies to (Philippians 2:12-13)
- When I begin to think that I have arrived (Philippians 3:13-14)

Read Ephesians 2:1-9

In His grace we are offered a daily reset. We can lay down our burdens and walk in freedom and rest. What burden do you specifically need to lay down so you can rest in God’s grace?

Ephesians 4:32 encourages us to ask for forgiveness when we have hurt someone. Do you need to ask forgiveness from anyone? Make a plan to reach out to that person this week.