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WARM UP

Have you ever participated in or witnessed something (e.g. a movie, a sports game), where it was not what you had expected? Was it better or worse than you expected? Why or why not?

WORD

¹²Therefore lift your drooping hands and strengthen your weak knees, ¹³and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. ¹⁴Strive for peace with everyone, and for the holiness without which no one will see the Lord. ¹⁵See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled...

[Hebrews 12:12-15](#) (ESV)

NOTES

1 SOW AND REAP

⁷Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. ⁸For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

[Galatians 6:7,8](#) (ESV)

The seeds that we sow in our lives we will reap in the future - this is the law of God. Seeds have been sown in our spirits throughout our lives, and later in age, we reap the harvest of those sown seeds. These seeds can be words spoken over us, judgments we make towards others, and even when we make vows in our hearts, all of which take root and, later in our lives, bear consequences.

- Ask God to show you promises or vows that you made to yourself when you were younger, where you may have responded to situations that may have happened in your life. Were there judgments made that you may be aware of?
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2 THE JUDGE GETS JUDGED

¹Therefore you have no excuse, O man, every one of you who judges. For in passing judgment on another, you condemn yourself, because you, the judge, practice the very same things.

[Romans 2:1](#) (ESV)

When we make internal judgments, roots grow in our hearts and cause us to have expectations of others based on these judgments. This can affect our relationships and our view of other people in our lives.

- Whether in your heart or aloud, have you ever said that, "Because of _____ (an event or what a person may have done), I will never do _____ (judgment)?"

3 JESUS, THE CONSEQUENCE BEARER

²¹For our sake, he made him to be sin who knew no sin, so that in him, we might become the righteousness of God.

[2 Corinthians 5:21](#) (ESV)

¹⁷Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

[Matthew 5:17](#) (ESV)

Here is the Good News! Jesus Christ has fulfilled the law! He has taken upon Himself the judgment and consequence of sin that was due to us when He died on the cross. His cross now stands between us and the penalty that we deserve because of our sin. We now have a new life in Christ!

- Read [2 Corinthians 5:17,21](#). Take time to absorb what Jesus has done for us.

PRAYER

- Take the remainder of your time to pray for the power of Jesus and His cross to stand between any judgments and events that have happened in your past.
- Thank Jesus for the new life that we have in Him, no longer in bondage, as He has uprooted every seed and bitter root that was sown deep in our pasts.
- Take time to praise God for what He has done.