

# "Un-Bound-ed"

## Reflection:

Irenaeus, in the second century, wrote that "the glory of God is man fully alive". As Mark shared with us, the way of Christ isn't safe or comfortable – it's meant to be a life of risk. We demonstrate our faith by following wherever He may be leading and improvising in his grand story; despite possibly getting it wrong; despite it, at times, costing us dearly; despite our pride. THIS IS 'THE WAY'.

Our fears and wrongly placed loves prevent us from living this way. They mute us; they hold us down; and they distort the presence of God in us.

So, let's put into practice this truth by training in casting aside our fears, daily.

Our goal is to look more like our Christ - bold, loving, strong and wise. This is the victorious life referred to in John's letters to the churches in Revelation. A life where God is larger than our fears and we become free to live large with Him... this is Risk.

## Preparation:

For this week's practice you will need a bandage and your notes from last week's practice, 'I Dare You to Move'. If you don't have a bandage, or if you don't have enough for all members of your family, you could use a long scarf instead.

Place your bandage in the centre of the room as a cue to do the practice each morning.

We'll be using the sensation of being '**un-bound**' from our fears to release '**un-bound-ed**' possibilities in our lives.

## Practice:

### Step 1

Bandage your non-dominant hand - not too tight - enough times to feel completely immobilised.



### Step 2

Focus on the feeling of being unable to move your hand and pray:

*Search me, God, and know me  
Test me and know my anxious thoughts  
See if there is any offensive way in me  
and lead me in the way everlasting.*



### Step 3

Now, begin to slowly unbind your hand as you continue to pray:

*Un-ravel my fears, Lord...  
Make me fully alive, bringing you glory...*

*Release me from a fear of failure; of doing things poorly...  
From a fear of disapproval; rejection; of being lonely...*

*Release me from a fear of losing control; of being  
controlled....  
From a fear of humility...*



*Release me from a fear of serving others...  
From a fear of being unappreciated; used...*

*Release me from a fear of loss of reputation; of being talked about behind my back...  
From a fear of being exposed or vulnerable...*

*Release me from a fear of not being comfortable, safe or secure...  
From a fear of not having enough time, money, energy...*

*Release me from a fear of not having fun; not having my passions fulfilled...  
From a fear of not being understood; of being inauthentic...*

*Release me from a fear of conflict; of truly being myself...  
From the fear of shame...*

*Encourage us Lord, show us the way, so that your Glory is revealed in our lives.*

## Step 4

Open and close your hand to feel the freedom of movement as you continue to pray:

*Lord, I know that in this life I will have trouble,  
but I will take heart because you have overcome the world.*

*[pray for your brothers and sisters at Frinton Free Church -  
that they will grasp this truth also - it is so important for us  
all]*

*Amen.*



## Step 5

Now, turn to your list of new things God might be wanting to do in your life, from last week;

Prayerfully consider one to focus on for the day.

Determine to do just one small thing toward that end today.



\*\*\*It must be **small** enough to be achievable, such as purchasing something you will need or spending 15 minutes researching something online or making a list of steps involved and diarising them.... And then... DO IT. New things happen because we do one small thing at a time.

\*\*\* Remember, it is tempting to do it once and tell yourself, "I know it" but the value of a spiritual practice is in the novelty and **repetition**. It is through using our bodies and senses repeatedly in this way that we will drive the truth deep enough that it is still with us a week, a month, a year from now.

\*\*\* If you have **children**, you could do a modified version by getting them to tell you the things they are afraid of (eg. the dark, fighting with friends, a certain subject at school etc). In the same way, you could pray that God would release them from each fear as you unravel the bandage... and maybe finish with laughing out loud in the face of danger!

May God continue to bless us all, 'Free People of the Way'.