

**Freedom in Christ: Discipline and Grace**  
**I Corinthians 9:24-27; Romans 5:12-21; II Timothy 2:1**

**Statement:** **Do I trust disciplines to make me strong or grace to strengthen me?**

**I. Can we trust the disciplines of self? I Corinthians 9:24-27, Romans 5:12-17**

**A. Defining discipline**

**I Corinthians 9:24-27 (NLT)**

**24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadow boxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.**

**B. The first Adamic nature (12-14)**

**12 Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned— 13 (For until the law sin was in the world, but sin is not imputed when there is no law. 14 Nevertheless death reigned from Adam to Moses, even over those who had not sinned according to the likeness of the transgression of Adam, who is a type of Him who was to come.**

**C. The hope of the second Adam (15-17)**

**15 But the free gift *is* not like the offense. For if by the one man's offense many died, much more the grace of God and the gift by the grace of the one Man, Jesus Christ, abounded to many. 16 And the gift *is* not like *that which came* through the one who sinned. For the judgment *which came* from one *offense resulted* in condemnation, but the free gift *which came* from many offenses *resulted* in justification. 17 For if by the one man's offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.)**

**II. We can trust in the grace of God Romans 5:18-21**

**A. I can trust the work of Christ (18,19)**

**18 Therefore, as through one man's offense *judgment came* to all men, resulting in condemnation, even so through one Man's righteous act *the free gift came* to all men, resulting in justification of life. 19 For as by one man's disobedience many were made sinners, so also by one Man's obedience many will be made righteous.**

**B. I can trust the work of grace (20,21)**

**20 Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more, 21 so that as sin reigned in death, even so grace might reign through righteousness to eternal life through Jesus Christ our Lord.**

### **III. Grace is not for just imputation but also impartation II Timothy 2:1**

**II Timothy 2:1 You therefore, my son, be strong in the grace that is in Christ Jesus.**

A. Imputation: We have been made righteous

B. Impartation: We are to live righteously

### **Conclusion**

I. Do not only trust in the disciplines of self.

II. We can trust in the grace of God.

III. Grace is not for just imputation but impartation.