

## Run

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I was sitting on my bed at three in the morning.

I had been out late with my cousin, had too much coffee, and couldn't sleep. But more than the coffee, I was carrying something heavier.

Discouragement. Lack of motivation. Feeling unworthy. Feeling low.

I had been trying to write about walking in the Spirit — what this entire book has been building toward — and I couldn't find the words. Everything I tried to write sounded like everything I had already heard. Familiar. Rehearsed. The same thoughts I had been warning you about in these pages were visiting me. This is pointless. You are wasting your time. Nobody is going to hear this. Who do you think you are?

God met me in that moment in a way I will not soon forget. And what became clear to me in the quiet of that night was this: the reason walking in the Spirit is so hard to write about is because it cannot be manufactured. It cannot be performed. It can only be received. And what God reminded me of — sitting on my bed at 3AM feeling like I had nothing left to say — is exactly what this chapter is about.

Cast it off. And run.



### THE CRY FOR FREEDOM

There is a cry that runs through the whole of human history. You can hear it in the book of Exodus. You can hear it in the Psalms. You can hear it in Paul's letters. You can hear it in the honest prayers of anyone who has ever felt the weight of what sin actually does to a person.

The cry is this: I want to be free. And I am not.

The captured mind. The severed circuit. The authority surrendered through sin. The lies believed since childhood. The patterns that keep repeating. The battlefield that never seems to quiet down. The flesh that wakes up every morning wanting to lead again. The enemy who is subtle and patient and has been running the same plays since the garden. All of it is bondage. And the cry underneath all of it — the ache that never fully goes away, that we established in the early chapters as the signal of a broken sensor still pointing toward what we were made for — is always the same.

I want to be free.

The resurrection is the answer to that cry. Not a partial answer. Not a promise for later. The answer. Jesus settled it completely. The grave is empty. The chains are broken. The

legal claim the enemy held over humanity was nailed to the cross and buried with the body that would not stay buried.

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**HE IS RISEN**

The cross was never the end of the story.

Through every sorrow, through every loss, in every sacrifice, and in every victory — the prize has always been and will always be Jesus. Our hope for today. Our hope for eternity.

He is risen. Jesus Christ — God’s only Son, sent to this broken world to become the last sacrifice needed for all sin. This means that our flesh can now be crucified with Him. The spirit inside every one of us can be born again — but this time with no severed cord, so we can receive all the life we need to live free of sin and death. The same life that is in Christ now becoming part of who we are.

Alive in Christ. A holy people. Sons and daughters of God. Spotless in His sight. Co-heirs with Jesus Christ.

As a Christian — this is your identity. Nothing less. All because Jesus rose again.

*“It was for freedom that Christ set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” — Galatians 5:1 NIV*

Not freed so that sin could keep you tied down in your thoughts or your heart. Not freed so that you would carry the old chains alongside the new life. Freed. Actually, completely, legally, permanently freed. And the invitation is to stand in that freedom — to refuse the yoke that Christ already broke — and to run.

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**THE STRUGGLE PAUL KNEW**

But before we talk about running, we need to talk honestly about why it is so hard to get there.

Paul describes the struggle better than anyone. He writes about it in Romans with a raw honesty that makes you feel like he is sitting across the table from you.

*“For I do not do the good I want to do, but the evil I do not want to do — this I keep on doing.” — Romans 7:19 NIV*

He wanted to do right. He knew what right was. And yet sin kept winning. Over and over. The flesh pulling hard — urgent, convincing, relentless. And then the moment it won, it let go. Just like that. As if it was never there. It got what it wanted and walked away, leaving Paul to deal with the wreckage. The guilt. The shame. The question of why he kept ending up in the same place.

That is the pattern. The flesh pulls with everything it has. It feels like the most important thing in the world in that moment. And the moment it wins, it disappears — and you are left standing in the consequences wondering how you got there again.

Paul calls it wretched. He says — who will rescue me from this body of death?

And then he answers his own question.

*“Thanks be to God, who delivers me through Jesus Christ our Lord!”* — Romans 7:25 NIV

And then Romans 8 opens with one of the most important declarations in all of Scripture:

*“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”*  
— Romans 8:1–2 NIV

No condemnation. Not less condemnation. None. The answer to the cycle is not trying harder. It is not more willpower. It is not a better strategy for resisting the flesh. It is the Spirit of God living inside you — the same Spirit that raised Jesus from the dead — setting you free from the very law that kept pulling you back.

The flesh is strong. But the Spirit is stronger. And the Spirit is already inside you.



### **CAST OFF AND CRAVE**

The writer of Hebrews says it this way:

*“Therefore, since we are surrounded by such a great cloud of witnesses, 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, fixing our eyes on Jesus, the pioneer and perfecter of faith.”*  
Hebrews 12:1–2 NIV

Throw off. Cast off. Remove. And what happens when the sin is cast off? What happens when the entanglement is removed and the weight is lifted?

You run.

But here is the question that trips most Christians up: if it is all Christ, why does Hebrews tell me to throw off? Why does Paul tell me to put off? Why does Scripture give me commands if I cannot fulfill them on my own?

Here is the answer.

You cannot cast off sin in the flesh. The flesh has no power to do it. Every person who has ever tried to change themselves through their own effort knows this — you can push yourself to do better for a while, but the root never changes. The flesh is not capable of defeating the flesh.

But here is what salvation actually did. When you were born again, something happened that goes far deeper than forgiveness. God's Spirit — the same Spirit that raised Jesus from the dead — came to live inside you. The circuit that was severed in the garden was restored. The old you — the one who was spiritually dead and led entirely by the flesh — is not who you are anymore. There is a new man. Born of God's Spirit. Alive to God in a way the old man never was.

The old man and the new man are not two versions of the same person fighting for control. The old man is dead. Paul says it plainly — you were crucified with Christ. The old self was put to death. What lives now is the new creation. And the new creation has the Spirit of the Living God inside it.

So when Hebrews says throw off — and when Paul says put off — they are not telling you to accomplish something through your own effort. They are telling you to agree with what God has already done. To stop living as if the old man is still in charge. To stop giving the flesh authority it no longer has. To submit to the Spirit that is already living inside you and let Him do what only He can do.

This is the whole thing. This is what walking in the Spirit means. Not performing. Not straining. Submitting. Agreeing. Yielding to the God who is already inside you and already working.

He is already there. Already living. Already ready. The only question is whether you are submitting to Him or to the flesh.

*“The spirit is willing, but the flesh is weak.” — Matthew 26:41 NIV*

The Spirit is willing. He is always willing. The weakness is never on His side. It is always on the side of the flesh that keeps reaching for the lead.

Paul describes it in Ephesians: put off the old self. Be renewed in the spirit of your mind. Put on the new self — created after the likeness of God in true righteousness and holiness.

*“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.” — Ephesians 4:22–24 ESV*

Put off. Be renewed. Put on. This is not a works project. The doing is not yours. The doing is His. What is yours is the submission. The agreement. The daily choice to stop living from what belongs to the old life and start living from what God has made available in the new one.

We do not do what Christ has done. We let Christ do it.

And He told us exactly what that looks like day to day:

*“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”* — Luke 9:23 ESV

Daily. Not when you feel ready. Not when the circumstances are right. Not when the emotions line up. Daily. Sometimes we don’t feel like it. I’m sure Jesus didn’t feel like having His hands and feet nailed to a cross. He didn’t look forward to the crown of thorns pressed into His brow. He took the weight of the entire world upon His shoulders — and all we are asked to do is take up our fleshly self and surrender it to Him. He does the rest.

That is the daily practice of walking in the Spirit. Not a feeling. Not a performance. A surrender. Pick up the cross. Follow Him. Let Him do what only He can do.

The Christian must walk in the Spirit. Not some of the time. Not most of the time. At all times. Because the moment the Spirit is not being submitted to, the flesh is ready to step back in. But the Spirit is not something you have to reach for — He is already there. Already inside you. Already working. The only question is whether you are yielding to Him.

And when that becomes real — when the weight of the old life starts to lift, when the sin that entangled starts to lose its grip, when the hunger for what is holy grows stronger than the pull toward what is not — something happens that no amount of effort could ever produce.

You come alive.



### THE DESIRE THAT FOLLOWS FREEDOM

The most remarkable thing about casting off is not just the removal. It is what comes after.

The soul that has been cleared of what was occupying it does not stay empty. It hungers. It thirsts. It develops an appetite for what it was always made for. Remove the sin — and crave. Distance yourself from what entangles — and desire.

This is why worship is not a burden. This is why running hard after Christ is not a chore. These are not works. They are the natural expression of a soul that has tasted freedom and found it to be everything God promised. When the chains come off, you don’t walk slowly away. You run toward what you were always running from before you knew what it was.

God’s Word says it was for freedom that Christ set us free. He didn’t free us to carry heavy chains or massive burdens that hold us back. Jesus came so that we might have life — and life more abundantly.

You are on the other side of the cross. The tomb is empty. The chains are broken. The old self has been put off and the new self has been put on. The Spirit of the Living God lives inside you.

There is nothing left to do but run.

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**EYES TO SEE**

This book began with a simple question: what if there is a way of seeing that most people never find?

What if the reason so many Christians live far below what God designed is not that the design was flawed, not that the grace was insufficient, not that the promise was overstated — but simply that their eyes were never opened to what was actually true? We have walked through what the original design looked like. We have seen how far the fall took us from it. We have stood at the cross and watched the Last Adam reclaim everything the first Adam surrendered. We have looked at the war being waged against the very eyes that are trying to open — the lies, the poison, the ancient patterns, the devices that never change.

And now we are here. At the end of the book that is really the beginning of everything. Because having eyes to see is not the destination. It is the starting line. The eyes open so that the feet can move. The mind renews so that the spirit can lead. The sin gets cast off so that the holy desire can take its place. The chains break so that the race can begin. For every person reading this who is still carrying weight they were never meant to carry — put it down. For every person who has been living below the identity God established — stand up in it. For every person whose eyes have been closed to the spiritual reality that governs everything visible — open them. For every person who has been walking when they were made to run — it is time.

The cloud of witnesses is watching. The race is marked out. Jesus — the pioneer and perfecter of faith — has already run it and is seated at the finish line.

*Fix your eyes on Him. Cast off what entangles. Crave what is Holy.*

*And run.*