

What Is the Christian Life?

Titus 3:4-7

Titus 3:4-7 (NASB)

⁴“But when the kindness of God our Savior and *His* love for mankind appeared,
⁵ He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit,
⁶ whom He poured out upon us richly through Jesus Christ our Savior,
⁷ so that being justified by His grace we would be made heirs according to *the* hope of eternal life.”

The Christian Life is just that—a life, not simply a set of rules. Sadly, a lot of churches preach Christianity as a **list of dos and don'ts**. Then faith looks like a formula: *Jesus' saving grace plus doing good things minus doing bad things equals righteousness*. Most of us have enough problems without worrying about whether we're following the extra-biblical rules of a church.

A man-made formula for righteousness runs counter to scriptural teaching. Not only did Jesus condemn the Pharisees' heavy-handed religion, but He Himself offered liberty through grace ([Matthew 23:1-4](#); [John 8:36](#)).

Matthew 23:1-4 (NASB)

¹“Then Jesus spoke to the crowds and to His disciples,
² saying: “The scribes and the Pharisees have seated themselves in the chair of Moses;
³ therefore all that they tell you, do and observe, but do not do according to their deeds; for they say *things* and do not do *them*.
⁴“They tie up heavy burdens and lay them on men's shoulders, but they themselves are unwilling to move them with *so much as a finger*.”

John 8:36 (NASB)

³⁶“So if the Son makes you free, you will be free indeed.”

Neither keeping God's law by self-effort nor adhering to extra rules makes a person free. Legalistic believers are in bondage and growing ever weaker.

When a person accepts the saving grace of Jesus Christ, he or she receives a new life. (See [Romans 6:4](#).)

Romans 6:4 (NASB)

⁴“Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life.”

This is not an uptight lifestyle of doing good works. A believer is a changed person—the same body but a transformed mind and heart. Christ lives through you. His Holy Spirit flows into your spirit just as sap runs in a grapevine. It's like getting a spiritual blood transfusion! Strength pumps into places where weakness once prevailed. Why rely upon your frail self when the courage and power to follow God's will are available through Christ?

I know what it feels like to burn out from trying to do good in my own strength. My desire for you is that you'll surrender to the Lord. Depend upon Him to change you from the inside out, and trust that He will. Jesus is your life. He will never get tired of transforming you.