Becoming Human Again: a Theology of Sanctification
Lesson 7: The Imitatio Christi, a Most Liberating Bondage

I. Why the *Imitatio Christi* appears to be an unbearable burden

II. And yet, Jesus Himself assures us that a life yoked to Him will be (in some crucial sense) "easy and light" (Mt 11:28-30)

III. Which fact is echoed by the Apostles (e.g., Acts 15:10; Gal 5:1)

IV. In what sense the *Imitatio Christi* is "easy and light"

A. First, justification frees us to love others as Christ loved us

B. Second, loving others as Christ loved us frees us from ourselves