



November 23, 2025

Blessed or Stressed

Part 4: Losing Weight

Luke 21:34 NIV Be careful, or your hearts will be **weighed down** with carousing, drunkenness and the **anxieties of life**, and that day will close on you suddenly like a trap.

HEAVY WEIGHTS

“Everyone has a plan until they get punched in the mouth.”
-- Mike Tyson

The Weights We Carry

Hurt

Powerlessness

Loss

Grief

Abuse

Regret

Frustration

Shame

Trauma

Fear

Matthew 7:13 NKJV Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it.

- ✓ Narrow way is God's path.
- ✓ Broad way is Satan's path.

1. We become Overburdened.
2. We start to Self-medicate.
3. We attempt to Normalize.
4. We feel Stuck.

Hebrews 12:1-2 NIV 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. For the joy set before him he endured the cross,

scorning its shame, and sat down at the right hand of the throne of God.

BETTER PATHWAY

1. Believe it's okay not to be okay.

2 Corinthians 12:9 NIV But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.”

Daily Confession: Instead of “I Can't”, say “God, I will let you!”

2. Get completely honest.

- With Ourselves

Psalms 139:23-24 NLT Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

- With Others

Galatians 6:2 NIV Carry each other's burdens, and in this way you will fulfill the law of Christ.

3. Place dependency on God.

Galatians 2:20 NIV I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.