

Hebrews 12:1-3 NKJV... Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us (the NIV says Hinders Us), and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Drop the Weight of Sin

1. Sin Stops Us From Enjoying the Abundant Life God Has for Us

- **Romans 6:6 NKJV** ...knowing this, that our old man was crucified with Him, that the body of sin might be [a]done away with, that we should no longer be slaves of sin.
- **John 8:34 NKJV** ... Jesus answered them, "Most assuredly, I say to you, whoever commits sin is a slave of sin."

Notes:

2. Sin Sickens the Heart

- **Psalms 51:10-11 NKJV** ... Create in me a clean heart, O God, And renew a steadfast spirit within me. 11 Do not cast me away from Your presence, And do not take Your Holy Spirit from me. 12 Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. 13 Then I will teach transgressors Your ways, And sinners shall be converted to You.
- **Exodus 33:15 NIV** ... "If your Presence does not go with us, do not send us up from here."

Notes:

3. Sin Distorts Our View of Ourselves and God

Makes Us Believe the Lie that We are Self Made

- **1 Corinthians 15:10 NKJV** ... But by the grace of God I am what I am

Notes:

Makes Us Believe the Lie that God Doesn't Love Us

- **Romans 5:8-9 NKJV** ... But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.
- **Romans 8:35-37 NKJV** ... Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter." 37 Yet in all these things we are more than conquerors through Him who loved us. 38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.
- **Jeremiah 31:3 NKJV** ... The LORD has appeared [a]of old to me, saying: "Yes, I have loved you with an everlasting love; Therefore with lovingkindness I have drawn you.
- **Proverbs 15:31 NIV** ... Whoever heeds life-giving correction will be at home among the wise.

Notes:

Makes Us Believe the Lie God Can't Forgive Us

- **Luke 23:34 NIV** ... Jesus said, "Father, forgive them, for they do not know what they are doing
- **1 John 1:9** ... If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- **Isaiah 43:25 NKJV** ... "I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.
- **Micah 7:19 NIV** ... You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.
- **Psalms 103:12 NIV** ... as far as the east is from the west, so far has he removed our transgressions from us.

Notes:

Makes Us Believe God Can't Ever Use Us Again

- **Matthew 1:6 NIV** ... and Jesse the father of King David. David was the father of Solomon, whose mother had been Uriah's wife...
- **Matthew 1:17 NIV** ... thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Messiah.

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