

you  
gotta

start

somewhere

february 11 - pt. 5 - hebrews 12:1-2

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WHY CAN'T I LET GO  
OF THIS?

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*MOST PEOPLE FAIL TO MOVE INTO THE  
NEXT SEASON OF THEIR LIFE BECAUSE  
THEY CANNOT LET GO OF SOMETHING  
FROM THE LAST SEASON*

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# Hebrews 12:1

WHEREFORE SEEING WE ALSO ARE  
COMPASSED ABOUT WITH SO GREAT A CLOUD  
OF WITNESSES

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# Hebrews 12:1

WHEREFORE SEEING WE ALSO ARE COMPASSED  
ABOUT WITH SO GREAT A CLOUD OF WITNESSES,  
LET US LAY ASIDE EVERY WEIGHT, AND THE  
SIN WHICH DOTHS SO EASILY BESET [US],



Principle 1:

WHAT IS A WEIGHT?

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A WEIGHT IS ANYTHING

THAT DRAINS YOUR

SPIRITUAL STAMINA

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GOD CANNOT REMOVE WHAT

YOU WILL NOT RELEASE

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Principle 2:

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WHAT DOES THIS MEAN TO ME?

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YOU CANNOT MOVE AHEAD  
UNTIL YOU LET GO OF WHAT  
KEEPS PULLING YOU BACK

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# Psalm 139:14

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I WILL PRAISE THEE; FOR I AM  
FEARFULLY [AND] WONDERFULLY MADE:  
MARVELLOUS [ARE] THY WORKS; AND  
[THAT] MY SOUL KNOWETH RIGHT WELL.

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WHEN YOU CARRY EMOTIONAL  
AND MENTAL WEIGHT LONG-  
TERM — IT CHANGES YOU

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WHEN YOU LIVE TRYING TO CARRY  
UNNECESSARY EMOTIONAL AND  
MENTAL WEIGHT — YOUR BRAIN  
SHIFTS INTO SURVIVAL MODE.

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# 2 Timothy 1:7

FOR GOD HATH NOT GIVEN US  
THE SPIRIT OF FEAR; BUT OF  
POWER, AND OF LOVE, AND OF  
A SOUND MIND



# Isaiah 26:3

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THOU WILT KEEP [HIM] IN  
PERFECT PEACE, [WHOSE] MIND  
[IS] STAYED [ON THEE]: BECAUSE  
HE TRUSTETH IN THEE



# Philippians 4:6-7

BE CAREFUL FOR NOTHING; BUT IN EVERY THING BY  
PRAYER AND SUPPLICATION WITH THANKSGIVING LET  
YOUR REQUESTS BE MADE KNOWN UNTO GOD. 7 AND  
THE PEACE OF GOD, WHICH PASSETH ALL  
UNDERSTANDING, SHALL KEEP YOUR HEARTS AND  
MINDS THROUGH CHRIST JESUS.



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GOD KNOWS THAT YOU CANNOT  
LIVE IN FAITH AND CHRONIC  
STRESS AT THE SAME TIME

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# Hebrews 11:6

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BUT WITHOUT FAITH [IT IS] IMPOSSIBLE  
TO PLEASE [HIM]: FOR HE THAT COMETH  
TO GOD MUST BELIEVE THAT HE IS, AND  
[THAT] HE IS A REWARDER OF THEM  
THAT DILIGENTLY SEEK HIM.

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# Psalm 32:3-4

WHEN I KEPT SILENCE, MY BONES WAXED  
OLD THROUGH MY ROARING ALL THE DAY  
LONG. 4 FOR DAY AND NIGHT THY HAND WAS  
HEAVY UPON ME: MY MOISTURE IS TURNED  
INTO THE DROUGHT OF SUMMER. SELAH.



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# NEURONS THAT FIRE TOGETHER WIRE TOGETHER

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# Romans 12:2

AND BE NOT CONFORMED TO THIS WORLD:  
BUT BE YE TRANSFORMED BY THE RENEWING  
OF YOUR MIND, THAT YE MAY PROVE WHAT  
[IS] THAT GOOD, AND ACCEPTABLE, AND  
PERFECT, WILL OF GOD.

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THE SAME BRAIN THAT  
LEARNED THE LIE CAN  
RELEARN THE TRUTH.

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# Principle 3:

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LETTING GO STARTS WITH  
UNDERSTANDING WHAT YOU ARE  
HOLDING ON TO

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# Proverbs 4:23

KEEP THY HEART WITH ALL  
DILIGENCE; FOR OUT OF IT  
[ARE] THE ISSUES OF LIFE.

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PEOPLE HAVE A HARD TIME LETTING  
GO OF THE PAST BECAUSE IT IS  
FAMILIAR. IT MAY BE PAINFUL –  
BUT AT LEAST IT IS FAMILIAR

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# Exodus 16:3

AND THE CHILDREN OF ISRAEL SAID UNTO THEM, WOULD TO  
GOD WE HAD DIED BY THE HAND OF THE LORD IN THE LAND  
OF EGYPT, WHEN WE SAT BY THE FLESH POTS, [AND]  
WHEN WE DID EAT BREAD TO THE FULL; FOR YE HAVE  
BROUGHT US FORTH INTO THIS WILDERNESS, TO KILL THIS  
WHOLE ASSEMBLY WITH HUNGER.



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SOMETIMES PEOPLE WOULD RATHER  
LIVE IN PREDICTABLE BONDAGE THAN  
TRUST GOD IN UNFAMILIAR FREEDOM.

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# Isaiah 4B:18-19

REMEMBER YE NOT THE FORMER THINGS, NEITHER  
CONSIDER THE THINGS OF OLD. 19 BEHOLD, I  
WILL DO A NEW THING; NOW IT SHALL SPRING  
FORTH; SHALL YE NOT KNOW IT? I WILL EVEN  
MAKE A WAY IN THE WILDERNESS, [AND] RIVERS  
IN THE DESERT.



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YOU CANNOT MOVE FORWARD WHILE  
CONSTANTLY REHEARSING WHAT GOD  
HAS ALREADY REDEEMED.

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# Philippians 3:13

BRETHREN, I COUNT NOT MYSELF TO HAVE  
APPREHENDED: BUT [THIS] ONE THING [I  
DO], FORGETTING THOSE THINGS WHICH ARE  
BEHIND, AND REACHING FORTH UNTO THOSE  
THINGS WHICH ARE BEFORE,



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