

Weights & Sins That Hinder Our Race

■ Weights (Spiritual burdens that slow us down)

- Unforgiveness
- Bitterness
- Offense
- Shame
- Doubt
- Unbelief
- Fear
- Anxiety / Worry
- Lies (about ourselves, God, or others)
- Distraction
- Comparison
- Fear of Man / People-Pleasing
- Regret
- Pressure to Perform / Perfectionism
- Past Trauma / Emotional Wounds
- Comfort / Apathy
- False Identity / Insecurity
- Control / Not Trusting God

■ Entangling Sins (That trap or deceive us if not repented of)

- Hidden Sin / Secret Compromise
- Pride
- Sexual Sin / Impurity
- Gossip / Slander
- Jealousy / Envy
- Resentment
- Rebellion / Disobedience
- Idolatry (of self, success, relationships, etc.)