

Message Title: “What Are You Still Carrying?”

Focus Scriptures:

- **Exodus 2:12 (NLT):** *“After looking in all directions to make sure no one was watching, Moses killed the Egyptian and hid the body in the sand.”*
- **Numbers 20:10–12 (NLT/KJV):** *Moses struck the rock twice instead of speaking to it, and the Lord said, “Because you did not trust me enough to demonstrate my holiness... you will not lead them into the land I am giving them.”*

Main Idea

Moses carried anger for years. What started in Egypt resurfaced in the wilderness, and it cost him the Promised Land. Just like Moses, the issues we refuse to address—anger, unforgiveness, jealousy, pride, ego—can follow us into new seasons and affect our life, relationships, and ministry.

Key Points to Remember

1. **Unaddressed sin skews your hearing.**
 - Moses heard God, but anger made him disobey God’s instructions.
 - *Application:* Am I letting emotions speak louder than God?
2. **Unhealed wounds birth generational cycles.**
 - Patterns you ignore often pass to those you lead.
 - *Application:* What cycles need to break with me?
3. **Unforgiveness blocks your flow.**
 - Bitterness clogs the pipeline of blessing and anointing.
 - *Application:* Who do I need to release so I can be free?
4. **Jealousy and pride sabotage relationships.**
 - Jealousy leads to comparison; pride leads to isolation.
 - *Application:* Am I celebrating others, or competing with them?
5. **Private issues eventually go public.**
 - What Moses hid eventually came out before the whole community.
 - *Application:* What do I need to surrender privately before it spills out publicly?
6. **Carrying too long costs your assignment.**
 - Moses reached heaven but missed his earthly promise.
 - *Application:* What could I lose if I keep carrying this?

Reflection Scriptures for the Week

- Ephesians 4:31–32 – Let go of bitterness, rage, and anger.
- Hebrews 12:1 – Lay aside every weight that slows us down.
- James 4:6 – God resists the proud but gives grace to the humble.
- Matthew 6:14–15 – Forgive so your Father will forgive you.

Reflection Questions

- What am I still carrying from my past that God is asking me to release?
- Which one weighs me down the most: anger, pride, jealousy, unforgiveness, or ego?
- How has this affected my relationships, my decisions, or my spiritual growth?
- What practical steps can I take this week to release it?

Prayer for the Week

“Lord, reveal to me what I’ve been carrying too long. Give me the courage to lay it down. Heal my heart from anger, pride, unforgiveness, jealousy, and ego. I trade these heavy weights for Your peace, humility, and freedom. In Jesus’ name, amen.”

Next Steps

1. **Release:** Write down one thing you’ve been carrying and pray over it daily this week.
2. **Replace:** Find a Scripture promise to replace the lie or weight. (Example: Replace anger with Philippians 4:7 about peace.)
3. **Respond:** Share your testimony in small group or with a trusted friend—your release may help free someone else.