

WHAT'S YOUR WEIGHT?

Scales

No, this morning I'm not asking you to come up here and get on these scales so I can announce your weight (everyone now breathes a sigh of relief)

No, I'm talking about the things in our lives that can become problematic to our spiritual journey

Things that weigh you down and distract you from your relationship with Christ

How many of you think this race is hard quite often?

Are there weights you refuse to lay aside?

Distractions: social media, work, schedules, or constantly needing entertainment

Sin: is just open disobedience toward God

Good things out of balance: enjoyable hobbies, friendships, material idols

Demonic influence: be careful what you watch, what you listen to, those are gateways to our spirit and they bring heaviness, not just to weigh you down, but to take you out!

Heb 12:1-2 Amplified

Therefore then, since we are surrounded by so great a cloud of witnesses [who have borne testimony to the Truth], let us strip off and throw aside every (unnecessary weight) and that sin which so readily (and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us,

² Looking away [from all that will distract] to Jesus, Who is the Leader and the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]. He, for the joy [of obtaining the prize] that was set before Him, endured the cross, despising and ignoring the shame, and is now seated at the right hand of the throne of God.

This morning what has God been calling you to lay aside?

Every sin is weight but not every weight is sin

The only way to run this Christian race successfully is to lay aside every weight and sin that will entangle us and knock us out of the race!

Victory will always seem to allude you because of your unwillingness to lay aside the things the Lord has asked you to

What is keeping you from living a life of obedience?

What do we tolerate in our lives that make it difficult to please God?

v. 1 – ‘*Lay aside*’ in the original Greek meaning: it’s a picture of not only laying something down, but pushing it far away from you so that it’s out of reach (that’s good!)

So that requires a deliberate decision to make a permanent change, laying aside a weight is a **choice**, it’s not automatic

‘*Weight*’ in the Greek: a burden or something so heavy and cumbersome that it impedes a runner from running their race

The message here church, if we want to please God and do something meaningful with our lives, there will be things that must be removed from lives to see it

To aside or strip away demands our attention, our decision, and our devotion to Him

The reason so many Christians have no spiritual stamina isn’t because they don’t love the Lord, it’s their refusal to unload the extra weight

The Holy Spirit is always nudging us toward truth

John 16:12-15 NKJV “I still have many things to say to you, but you cannot bear them now. ¹³ However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. ¹⁴ He will glorify Me, for He will take of what is Mine and declare it to you. ¹⁵ All things that the Father has are Mine. Therefore I said that He ^[c]will take of Mine and declare it to you.

The Holy Spirit has and is urging you and me to taking look at our lives and asking what’s weighing us down and keeping me from a life of obedience

Ask yourself, over the last couple of months, what has kept you from God's House, His presence, God's service, His callings, God's time, your relationship with Him, spiritual growth, obedience, and victory?

It may not seem like much right now, but my friend, that is a spiritual weight and if not laid aside it will eventually keep you from finishing your spiritual race!

What's your weight this morning? You say, well, my weight is no big deal.

Ok, let's see. Who loves to worship? (come up here)

****Illustrate dumb bells**

Your weights that weren't really bothering you or not a big deal have now caused you to no longer react passionately about your worship. Instead, you're too busy trying to keep supporting and carrying your weight. It's now the thing that has captured all of your attain

v. 1,2

Jesus is our only example so our eyes must be fixed on Him. He is trying to perfect our story!

Recognize Angie who is celebrating 10 years of being clean

Recognize Morgan who is celebrating 1 year of being clean