

Why We Hold onto Things

It's not fair breakdown

Week 1- Rejection, Trauma, Disappointment, Injustice,

Week 2- Abuse, Loss, Betrayal, Delay, and Loneliness

“When life is unfair, you have a choice. You can carry the weight of it, or you can lay it down in the presence of the ONE who already carried it for you.”

“Come to Me, all who are weary and burdened, and I will give you rest.” - Matthew 11:28

What are you carrying? _____

Why do we carry these heavy things?

1: Rejection: _____

What God says : 1 Peter 2:9 , Ephesians 1: 4-5, Psalm 27:10

Your identity isn't rooted in who walked away, it's rooted in the God who will never leave you or forsake you. (Hebrew 13:5)

2: Trauma: _____

What God says: Psalm 34:4 , Romans 12:2 , Isaiah 43:18-19

Trauma may be part of your story, but its not your destiny. God replaces old patterns with new life, new peace and new strength.

3: Disappointment: _____

What God Says: Romans 5:5 , Isaiah 49:23

Disappointment comes from expectations that fell through, but God never fails, never misleads and never lets hope die. He replaces our let downs with His promises.

4: Injustice: _____

What God Says: Isaiah 30:8, Romans 12:19, Psalm 37:6

Justice is God's responsibility, not yours. He sees what was unfair, and He promises to restore what was wrongfully taken.

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1: Abuse: _____

What God Says: Psalm 34:18, Nahum 1:7, Isaiah 54:4-5, Psalm 9:9

God is a defender of the wounded. Abuse is not your identity- Healing, safety and restored worth are God's promise to you. What harmed you does not get the final word.

2: Loss: _____

What God Says: Psalm 147:3, Isaiah 61:3, Revelation 21:4

Loss hurts deeply, but God carries grief with us. Loss tries to anchor you in what was, but God promises restoration, comfort and a future full of hope. (Jeremiah 29:11) He promises restoration beyond what was taken.

3: Betrayal: _____

What God says: Psalm 55:22, Genesis 50:20, Proverbs 3:5-6

Betrayal hurts deeply, but it doesn't belong in your future. Betrayal is not yours to repay or relive. God asks us to release it because He heals the wounds, restores our trust and redeems what others meant for harm. God sees it, heals it, and uses it without letting it define you.

4. Delay: _____

What God Says: Habakkuk 2:3, Isaiah 60:22, Ecclesiastes 3:11

Delay is not denial. God's timing protects purpose. What feels slow is often God preparing what you couldn't sustain before.

5. Loneliness: _____

What God Says: Psalm 68:6, Isaiah 41:10, Hebrews 13:5

Loneliness lies about being forgotten. God's presence fills places people couldn't stay, and He brings connection in His time.

We don't need to carry these things because Jesus already did.

What we release, God redeems.

What we lay down, God lifts.

-Matthew 11:28