

Why We Hold onto Things

It's not fair breakdown

Week 1- Rejection, Trauma, Disappointment, Injustice, Abuse

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

“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.

5: 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.