

Shed the Weight

Nathaniel Sorensen * January 2, 2022 * New Life Vineyard Church

Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us.

Hebrews 12:1

1. Let Go of Your _____

Anxiety in a man's heart weighs it down...

Proverbs 12:25

Surrender your anxiety. Be still and realize that I am God. I am God above all nations and I am exalted throughout the whole earth.

Psalms 46:10 TPT

a. Worry _____ your energy.

b. Worry _____ the problem.

The distresses of my heart increase

Psalms 25:17

c. Worry _____ your time.

Can all of your worrying add a single moment to your life?

Matthew 6:27 NLT

**You can't _____ something
until you know what it is.**

Cast your burden on the LORD, and He will sustain you.

Psalms 55:22

Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of

God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 MSG

2. Let Go of Your _____

My heart is wounded within me.

Psalms 109:22

Refrain from anger and give up your rage; do not be agitated – it can only bring harm.

Psalms 37:8

All bitterness, anger and wrath, shouting and slander must be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

Ephesians 4:31-32

He heals the brokenhearted and binds up their wounds.

Psalms 147:3

3. Let Go of Your _____

Guilt _____ you from God.

you to _____ ?

But your iniquities have built barriers between you and your God, and your sins have made Him hide His face from you so that He does not listen.

Isaiah 59:2

When I kept silent, my bones became brittle from groaning all day long. For day and night Your hand was heavy on me; my strength was drained as in the summer's heat. Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and You took away the guilt of my sin.

Psalms 32:3-5

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness..

1 John 1:9

* All scriptures from HCSB unless otherwise noted