

THROW OFF THE WEIGHT

"Don't Give Up" - *Week 3*

The Theme of Hebrews: The _____ of Jesus.

The 'Don't Give Up' Power Verses:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart." *Hebrews 12:1-3 (NIV)*

"...let us throw off everything that hinders and the sin that so easily entangles."
Hebrews 12:1 (NIV)

"Throw off" = Set aside & Put _____

"Hinders" = _____

THE LONGER I CARRY A WEIGHT, THE HEAVIER IT FEELS!

3 Common 'Weights' That Can Hinder Us:

1. _____ of Life

"The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced."
Matthew 13:22 (NLT)

2. _____

"So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law." *Galatians 5:1 (NLT)*

3. _____

"...and the sin that so easily entangles." *Hebrews 12:1 (NIV)*

What is the sin? _____

"Faith shows the reality of what we hope for; it is the evidence of things we cannot see." *Hebrews 11:1 (NLT)*

JESUS IS _____!

"Are you tired and worn out? Are you burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me- watch how I do it. Learn the unforced rhythms of grace." *Matthew 11:28-29 (MSG)*