

“WHAT TO LOOK AT TO LOSE ‘THE WEIGHT’ ”

Hebrews 12:1, 2

Continue to “lay aside every weight and sin” which separates you from God. That is what this introspective, meditative season of Lent is all about-- challenging yourself, with the guidance of the Holy Spirit, to be a better Christian and follower of Jesus Christ. To know what to focus on or look at to lose ‘The Weight’ I have suggested the following:

I. Look at the Winner – Hebrews 12:1a

- A. The witnesses were winners and ‘witness’ in Greek means Martyrs!!
They were not spectators.
- B. Winners – Hebrews 12:2, 3, 4-5, 33, 39

II. Look at Yourself – Hebrews 12:16

- A. “Let us” – Those preparing to lose the ‘weight’
- B. Get rid of excess ‘weight.’
- C. Stop sinning and disobeying God
- D. Apply patience and endurance to achieve “the weight’ loss
1 Corinthians 9:24, 25

III. Look at Jesus Christ – Hebrews 12:2-4

- A. Look means to Trust – Numbers 21:4-9; John 3:14-16; Hebrews 2:13; 26, 27; Acts 7:55, 56; Philippians 3:8
- B. He is the Author – Originator and preeminent example
- C. Finisher – Psalm 16:8-10; 110:1, 4; Colossians 4:12; Hebrews 7:11, 19, 28; 10:1, 14; 11:40; 12:23, Jude 24

For the remaining days of the Lenton Season, consider the Biblical diet, along with your Daniel Fast, to get rid of that ‘weight’ and sin that have prevented you from a healthy life with God.

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