

Lighten Up

- ✓ Fulfilling God’s vision for our life means dealing with our _____.

Hebrews 12:1 (ESV) Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us...

The Obstacles From Our Past

- ✓ Our _____ that leave us wounded.
- ✓ Our _____ that leave us trapped.
- ✓ Our _____ that handicap us.

James 5:16 (ESV) Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

- ✓ Freedom comes from _____ in allies who love us and will stand with us.

How to Get Beyond Our Past:

- ✓ _____ it.

James 4:10 (ESV) Humble yourselves before the Lord, and he will exalt you.

- ✓ _____ it.

Romans 12:2 (ESV)...be transformed by the renewal of your mind...

- ✓ _____ it.

Ephesians 4:31-32 (ESV) Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

- ✓ You can’t change your past, but Jesus can change your _____.

Hebrews 12:2 (ESV) looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.