

Weight Loss

Part One - Casting Off Every Weight

God wants us to lose weight!

Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

The W.E.I.G.H.T We Carry

W - Worries

Proverbs 12:25

Anxiety weighs down the heart, but a kind word cheers it up.

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

Matthew 6:31-33

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

E - Expectations

Matthew 23:4

"They tie onto people's backs loads that are heavy and hard to carry, yet they aren't willing even to lift a finger to help them carry those loads."

I - Irritants

Proverbs 27:3

A stone is heavy and sand is weighty, but the resentment caused by a fool is even heavier.

G - Guilt

Psalms 38:4

My guilt has overwhelmed me. Like a heavy load, it is more than I can bear.

Hebrews 8:12

"And I will forgive their wickedness, and I will never again remember their sins."

H - Habits

Hebrews 12:1

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

T - Transgressions**Proverbs 13:15**

Good understanding produces favor, But the way of the treacherous is hard.

Psalms 103:12

As far as the east is from the west, so far has He removed our transgressions from us.

How to Lose Weight**1. Exchange your weights for worship.****Isaiah 61:3**

...appoint to those who mourn in Zion, to give to them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness...

2. Share the load.**Galatians 6:2**

Help carry one another's burdens, and in this way, you will obey the law of Christ.