

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



How To Overcome Sin

How do you go about losing the extra weight of sin? Admittedly, it will not be easy because most sins are stubborn, and many weights involve years of habit. It's like training for an Olympic event that takes years of practice, work, discipline, and dedication. Follow these steps.

A. Identify the sins and weights

The first step is to identify the sins and weights that are tripping you up. We are very aware of our outright sins and besetting sins. The distractions, however, are sometimes a little more difficult to identify.

B. Confess and repent of your sins

The next step is to confess and repent of what is weighing you down. Confess means "to speak the same." In other words, it means to call it like God sees it. Confession accepts the responsibility for our actions and acknowledges what God already knows. Our holy God also demands that, in addition to confessing our sins, we repent of it, or forsake it. Repentance says that we turn our backs on the way of sin and turn instead to God. The farther we progress toward being a spiritual champion the more sin does not look good. We turn from sin not only for what it does to us, but also because of what it does to our Holy Father.

C. Be filled with God's Spirit

Once sin has been confessed and forsaken, God forgives and gives us his Spirit to enable us to live victoriously over it. So the next step for us is to be filled with God's Spirit. Trying to live above sin without God's power is like trying to drive a car without gasoline. When we come to faith in Jesus Christ, God gives us his Spirit to empower us spiritually. Through the Spirit's power we are given the resources that break the chains of our sin and remove the weights that hold us back so we can run the race to become a spiritual champion.

Our part is to identify the sin, confess it, repent of it, and then seek the controlling influence of God's Spirit. Once we do this then God can do a miraculous work. This process may take but a moment or many years.

In the race set before you, what would God say is presently keeping you from being the champion he would like you to be? Is sin tying you down? Are distractions holding you back? What sin have you identified? Will you confess it and repent of it? Will you allow God's Spirit to control you so God can do a miracle in your life? Then you can run unencumbered the race God has set before you.

Source: “Lighten The Load” by Rick Ezell

KEY VERSE

Hebrews 12:1 (NKJV)

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us

WEEKLY READINGS

Monday: Hebrews 12:1-2; Philippians 3:13

Introduction

1. Did you make a New Years Resolution for 2020? If so what is it?
2. What are you planning to do to nurture your growth as a Christian in 2020?

Tuesday: Hebrews 12:1a; Hebrews 11; Romans 15:4

Look At The Witnesses

3. Who is part of the cloud of witnesses mentioned in Hebrews 12:1?
4. What are some things we can learn from the people listed in Hebrews 11?

Wednesday: Hebrews 12:1b; I John 2:15-16; /Colossians 3:5-8

Look At Yourself—Eliminate The Weights

5. Is there a difference between weights and sins in Hebrews 12:1? If so what is it?
6. What are some weights and sins that held you back last year? What steps can you take to remove them from your life in 2020?

Thursday: Hebrews 12:1c; I Corinthians 9:24-27; II Tim. 4:7-8

Look At Yourself - Maintain Your Endurance

7. What are some areas of your spiritual life where you need more endurance?
8. Do you ever feel like giving up? What practical steps can you take to keep yourself in the race?
9. How can you live a life worthy of II Timothy 4:7?

Friday: Hebrews 12:2; Hebrews 5:7-9; I Peter 2:23-24

Look At Jesus Christ

10. What does it mean to you that Hebrews 5:9 refers to Jesus as the “author of eternal salvation”?
11. How has Jesus provided your salvation from your sin?
12. How does God provide the strength we need to overcome sin in our daily lives?