

# **DROPPING THE WEIGHTS**

## **THERE IS A RACE TO RUN**

- Don't run hindered (*Hebrews 12:1 NKJV*)
  1. You are in a race
  2. The race requires endurance
  3. Weights are things that slow you down
- Weights to avoid (*Luke 21:34 NASB*)
  1. Weighs down our hearts - inner life
  2. Self-indulgence and drunkenness
  3. Worries / anxieties of this life

## **A WEIGHED DOWN WOMAN (Luke 10:38-42 CSB)**

- Martha welcomed Jesus and chose to make a dinner
  1. Of course, you would want to honor the amazing prophet with a meal
  2. Distracted with all the prep work
  3. Caused Martha to react toward Jesus
- Mary chose to hear what Jesus had to say
  1. She placed a higher value on Jesus and His words
- Martha was weighed down with worry and being upset with things of this life
  1. Worried about her reputation - what would Jesus and His team think about a subpar meal
  2. Martha was worried about what others thought (*John 11:38-39 CSB*)

## **HOW DO YOU DROP THE WEIGHTS / WORRIES AND ANXIETIES OF THIS LIFE**

- Redirect what you keep on your mind and in your mouth
  1. If it is weighing on your heart, it was weighing on your mind first (*Proverbs 12:25 NASB*)
  2. Choosing to focus on God's words gives you a better way to run (*Psalms 1:1-3 NKJV*)
  3. Make your words work for you (*Proverbs 12:18 NKJV*)
- Make God more important in your life
  1. Jesus was more important to Mary
  2. God is worthy of your time and attention (*Psalms 118:28 NKJV*)