Scripture Reading: Heb. 12:1-4 Bellflower – 10.5.2025

Weight Loss

Intro.

1. Always many diets out there. Now, meds help. Cautiously used.
2. Heb. 12:1-2: Christians are to lose weight that hinders and ensnares us from our race of faith (spiritual weight loss), James 1:21 (Eph. 4:22; Col. 3:8, 9).
3. Jesus is the solution to every burden, Isa. 53:4; Matt. 10:28-30.

I. THE BURDEN OF SIN, Ps. 38:1-10.

A. The **Effects** of Sin.

-Sin's death, guilt, shame, grief, and consequences.

B. **Penalty** of Sin is Spiritual Death, Rom. 6:23 (Gen. 2:17).

C. Trying to **Hide** Our Sin, Prov. 28:13; Ps. 32:3-4 (1 John 1:8)

D. The **Solution**?

1. Become a Christian for salvation (Mark 16:16).
2. When a Christian sins:
   a. Repent of my sin, Ps. 51:10-12; Ezek. 18:31-32.
   b. Confess our sins to God, Ps. 38:17-18 (32:5); 1 John 1:9.
   c. To one another (as needed), James 5:16.

-Cease my sin and turn to God, Rom. 6:1-2; Acts 26:20.

II. THE BURDEN OF DOUBT, John 14:1-3. (Attacks our faith)

A. **Strengthen** Your **Faith** in God, Matt. 6:25-34.

-Trust and obey what God says (His word), prioritize God, and faithfully endure (cf. Heb. 12:1-2).

B. The **Solution**? Live in **Hope** (cf. Jesus/joy, Heb. 12:2; Rom. 8:24-25).

1. Rejoice in hope, Rom. 5:2.
2. Hope does not disappoint, Rom. 5:4.
3. Hope abides, 1 Cor. 13:13.
4. Hope is reserved in heaven, Col. 1:5.
5. Hope is fully assured, sure, and steadfast, Heb. 6:11, 18-19.

III. THE BURDEN OF ANXIETY, Matt. 6:25; Phil. 4:6.

A. **Cast** All Your **Care** Upon the **Lord**, 1 Pet. 5:7.

1. With humility, 1 Pet. 5:5-6.
2. With the priorities of faith (Matt. 6:24-25, 30, 33).

B. **Solutions** to Anxiety, Phil. 4:4-13.

1. Praise, Phil. 4:4.
2. Practice, Phil. 4:5a.
3. Patience, Phil. 4:5b.
4. Prayer, Phil. 4:6 (Ps. 6, v. 9-10).
5. Ponder, Phil. 4:8 (Matt. 12:35; 15:18-20); Rom. 12:2.
6. Practice, Phil. 4:9 (5a).
7. Philanthropy, Phil. 4:10. Divert attention away from self to others.
8. Power to cope and overcome, Phil. 4:11-13.

C. **Remember** these **Principles** to **Overcome** the Burden of **Anxiety**.

1. God rules over all, Matt. 6:26, 30.
2. Time and chance: There are some things you cannot change, Matt. 6:27 (Eccl. 9:11).
3. You are responsible for yourself, Matt. 6:31-33.
4. You cannot change the past, Phil. 3:13-14.
   a. But you can repent of past sins and remove their anxiety, 2 Cor. 7:9-11 (no room for anxiety here - "clearing").
   b. God will forgive our past sins (1 Tim. 1:13-15).
5. You cannot predict the future, Matt. 6:34.
   a. Tomorrow may never come (James 4:14).
   b. If tomorrow comes, God will still be in charge, time and chance will still occur, and you will still be responsible for yourself.

Conclusion

1. Jesus is the solution to every burden (incl. sin, doubt, and anxiety).
2. Burdens are lifted at Calvary, Matt. 11:28-30 (1 Pet. 2:24; Heb. 4:16).

Adaptation of Burdens Are Lifted At Calvary