

Shedding the Weight
Sunday, January 23rd, 30th and February 6th, 2022
Lead Pastor Tim Seay

HERE'S THE BIG IDEA

In the natural, extra weight can zap our energy, adversely affect our health, and impact our outlook on life. From a spiritual perspective, carrying extra weight in the form of offenses can have the same affect and prevent us from walking in all that God has for our lives. In this series of messages, Lead Pastor shared that shedding weight in the area of offenses we have against God, people and ourselves, can help us live a healthier life spiritually in Him.

KEY SCRIPTURES (NASB)

1Timothy 4:8→Hebrews 12:1→Jonah 4:2→Habakkuk 1 *** (not certain which verse) →Jonah 4:10-11
→Proverbs 3:6
Acts 15:36-41→2 Corinthians 11:25-29→Philipans 3:15
Luke 7:1-10→1 John 2 *** (not certain which verse) →1John 1:9→Hebrews 13:5→

FOOD FOR THOUGHT

How many ways have you tried to lose weight and which of those were most effective? Explain.

LET'S TALK ABOUT IT!

I. Shedding Our Offense Against God – Signs of Being Offended with God...

- Eluding His Presence
- Ignoring His Voice
- Avoiding His Assignment

Q: Share a time where you experienced one of these signs with being offend with God. Explain

II. Shedding Our Offense Against Others – Tipping Points That Set the Stage to Be Offended

- What People Say to Us
- What People Do to Us
- What People Don't Do for Us
- What People Do to Others

Q: Describe a time when you experienced one of these tipping points. What steps can you take in the future to shed these offenses? Explain

III. Shedding Our Offense Against Ourselves

- **Look Above Yourself and See God's Forgiveness**
- **Look Within Yourself and See God's Presence**
- **Look Ahead of Yourself and See God's Plan for Your Life**

Q. Give an example of when you applied one of these and how it encouraged you forgive an offense against yourself. Explain.

LIVE IT!

Every year, many of us set goals to lose weight in the physical, but we must also strive to lose the weight of offenses to have a well-balanced life spiritually. To do this we must remember that God loves us and only wants the best for us. We should love others and strive to look beyond their faults as God looks beyond ours. We must look up, look within, and look ahead to all that God has for our lives and not allow past sins or poor decisions to define us.