

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*)