-Introduce yourself

-Bring bread to Jesus’ Church Group

-A couple weeks ago… The Lord spoke to me and said “It’s time to clean house”

-We’ve been talking about possessing your promised land.

-Did you know it’s not automatic?

-The children of Israel disobeyed God and had to wander 40 years and died

-I believe the Lord wants us to recognize some things that might be holding us back from reaching our promised land.

**Done being held back…**

**The primary portion of scripture we’re going to be in today is Hebrews 12...**

**Are you done being held back in your life?**

**REALLY LISTEN as I read this. The word of God can speak to you without my commentary being added…**

**Hebrews 12:1-17** 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, 2looking unto Jesus, the [[a](https://www.biblegateway.com/passage/?search=Hebrews%2012&version=NKJV#fen-NKJV-30215a)]author and [[b](https://www.biblegateway.com/passage/?search=Hebrews%2012&version=NKJV#fen-NKJV-30215b)]finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

3For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. 4You have not yet resisted to bloodshed, striving against sin. 5And you have forgotten the exhortation which speaks to you as to sons:

“My son, do not despise the chastening of the Lord,  
Nor be discouraged when you are rebuked by Him;  
6For whom the Lord loves He chastens,  
And scourges every son whom He receives.”

7Ifyou endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? 8But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. 9Furthermore, we have had human fathers who corrected *us,* and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? 10For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. 11Now no [[e](https://www.biblegateway.com/passage/?search=Hebrews%2012&version=NKJV#fen-NKJV-30224e)]chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it 12Therefore strengthen the hands which hang down, and the feeble knees, 13and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. 14Pursue peace with all *people,* and holiness, without which no one will see the Lord: 15looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; 16lest there *be* any fornicator or [[f](https://www.biblegateway.com/passage/?search=Hebrews%2012&version=NKJV#fen-NKJV-30229f)]profane person like Esau, who for one morsel of food sold his birthright. 17For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.

**1. Lay aside every sin and weight**

**Hebrews 12:1 (walk through passage)** Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside EVERY weight *[NOTICE IT’S OUR RESPONSIBILITY… EVERY WEIGHT],* and the sin which so easily ensnares *us* [TRAPS US EASILY]*,* and let us run with endurance the race that is set before us,

-I think we all know that we should get rid of sin… Did you know that not only sin traps you though? Weights do too.

-Sometimes we just ask, is it sin?? As if that’s the only question that matters on if we should do something or not.

-Jesus doesn’t just call us to lay aside sin… He calls us to lay our whole life down.

**Matthew 16:24-25** Then Jesus said to His disciples, “If anyone desires to come after Me, let him **deny himself**, and take up **his cross**, and follow Me. **25**For whoever desires to save his life will lose it, but whoever **loses his life** for My sake will find it.

-Can we focus in on the weights for a minute?

-I think we can all agree the sin needs to go… Right?

-Weights in this context are the things that hold you back from running the race God has set before you with endurance

-Weights aren’t evil, if they were evil, it would be sin…

-But that’s what often makes them so entrapping… They seem harmless

-In your life, weights will make you go slower, while working harder. You just feel like you can’t make real progress.

-There are weights in our lives that just simply need to go.

-We got rid of our TV for 6 months… Just got it back. I’m debating smashing it with a bat though.

-I’m serious. It’s not because TV is evil in it of itself.

-It’s because there’s been times where that’s been a weight in my life. AND it’s just not worth it!

-TV can become a sin if you’re watching content you shouldn’t

**Psalm 101:3** “I will set nothing wicked before my eyes;  
I hate the work of those who fall away;  
It shall not cling to me.”

-It’s not that I’m watching inappropriate content…

-But sometimes I watch that thing and I should be praying…

-Sometimes I use that to tune out when the Lord wants me to lean in…

FUN IS NOT EVIL…

-Fun is great as long as it’s on TOP of being who you’re called to be

-Not in REPLACEMENT of being who you’re called to be.

Be careful not to replace a weight with another weight.

**STORY:** Stopped playing Chess… Got really good at Doodle Jump

-My weight didn’t get laid down, it just got dumber

**STORY:** Max’s doc told him the light from the TV will mess with his eyes… So he stopped playing video games, then put on a movie.

**This is important:** Sometimes we carry weights so long, we start to think it’s just who we are.

**2. Getting corrected is a good thing**

**Hebrews 12:5-11**   
“And you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the chastening of the Lord,  
Nor be discouraged when you are rebuked by Him;  
6For whom the Lord loves He chastens,  
And scourges every son whom He receives.”

7If[[d](https://www.biblegateway.com/passage/?search=Hebrews%2012&version=NKJV#fen-NKJV-30220d)] you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? 8But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. 9Furthermore, we have had human fathers who corrected *us,*and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? 10For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. 11**Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.”**

-In the moment, it’s not fun. But it’s amazing! Because it will save your life!

-If you aren’t being challenged, stretched, corrected and refined, that’s a bad sign. Because there are only two options…

1. You are who you’re supposed to be in every way (I doubt it)

2. You’re not listening…

-And maybe you haven’t been listening so long, that God’s stopped correcting you.

-And that’s a scary place to be.

-How you respond to the correction of the Lord is really important!

**-STORY:** I corrected someone once… Made a decision that I will never correct that person again.

**-CONTRAST:** Alexwould thank me for correcting him and ask for more. He’s grown because of it.

-God will often chasten and correct us through His word, withholding blessing or removing His hand, the Holy Spirit, or our favorite, through other people…

**Proverbs 12:1** Whoever loves instruction loves knowledge, But he who hates correction is stupid.

God may send someone you can’t stand to give you a message you desperately need.

Speaking of… Let’s go to point number 3.

**3. Bitterness ruins your life (not their life)**

Pursue peace with all *people,* and holiness, without which no one will see the Lord: 15looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

-Out of all the things that could have been written… It brings up bitterness.

My last point, number 4… (KEYS CAN COME UP)

**4. Pleasure isn’t worth it**

**Hebrews 12:16**“lest there *be* any fornicator or profane person like Esau, who for one morsel of food sold his birthright. 17For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.”

Esau missed out because he valued the pleasure a bowl of soup over his promised land.

Now we can call Esau ridiculous… However, what is it that you’re valuing over your promised land?

-Pleasure?

-Money?

-Fame?

-Comfort?

-Entertainment?

-A relationship?

-A feeling?

It’s not worth it… You only get one life to fulfill your calling. And this life is so short.

**James 4:14** “whereas you do not know what *will happen* tomorrow. For what *is* your life? It is even a vapor that appears for a little time and then vanishes away.”

So how do we do it??

**Hebrews 12:2** “looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

**Pray**

-What do you need to lay down in your life, so that you’re not held back any longer?