Sermon Title: The Power of Release

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Hebrews 12:1 NLT

**WEIGHTS** (different than sin)

One definition of a weight is this: “if it doesn’t glorify God and it doesn’t promote His kingdom, it can be a weight.

WORRY

SHAME

IMAGE

SELFISHNESS

UNDISCIPLINED LIFESTYLE

**SINS** (a transgression of the law of God and rebellion against God)

PRIDE

SEXUAL

WORLDLINESS

UNFORGIVENESS

SELF-RIGHTEOUSNESS

**RELEASE FROM WEIGHT**

WORRY PHILIPPIANS 4:6-7 (NLT)

SHAME ROMANS 8:1 (NLT)

IMAGE JEREMIAH 1:5 (AMP)

SELFISHNESS EZEKIEL 36:26-27 (NLT)

UNDISCIPLINED JOHN 15:5 (NLT)

LIFESTYLE

**SINS**

For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him.

2 CORINTHIANS 5:21 NKJV

We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. 7For when we died with Christ we were set free from the power of sin.

ROMANS 6:6-7

**WE ARE FREE IN CHRIST!**