

Lose the Weight...

James 1:21

So get rid of all the filth and evil in your lives, and humbly accept the message God has planted in your hearts, for it is strong enough to save your souls.

1 Peter 2:1-3

1 So get rid of all malicious behavior and deceit. Don't just pretend to be good! Be done with hypocrisy and jealousy and backstabbing. **2** You must crave pure spiritual milk so that you can grow into the fullness of your salvation. Cry out for this nourishment as a baby cries for milk, **3** now that you have had a taste of the Lord's kindness.

Serenity Prayer

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Ephesians 4:1 Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.

2 Be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. **3** Always keep yourselves united in the Holy Spirit, and bind yourselves together with peace. **4** We are all one body, we have the same Spirit, and we have all been called to the same glorious future...

11 He is the one who gave these gifts to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. **12** Their responsibility is to equip God's people to do his work and build up the church, the body of Christ, **13** until we come to such unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ.

14 Then we will no longer be like children, forever changing our minds about what we believe because someone has told us something different or because someone has cleverly lied to us and made the lie sound like the truth. **15** Instead, we will hold to the truth in love, becoming more and more in every way like Christ, who is the head of his body, the church. **16** Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

17 With the Lord's authority let me say this: Live no longer as the ungodly do, for they are hopelessly confused. **18** Their closed minds are full of darkness; they are far away from the life of God because they have shut their minds and hardened their hearts against him. **19** They don't care anymore about right and wrong, and they have given themselves over to immoral ways. Their lives are filled with all kinds of impurity and greed. **20** But that isn't what you were taught when you learned about Christ.

21 Since you have heard all about him and have learned the truth that is in Jesus, **22** throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. **23** **Instead, there must be a spiritual renewal of your thoughts and attitudes.** **24** You must display a new nature because you are a new person, created in God's likeness – righteous, holy, and true. **25** So put away all falsehood and "tell your neighbor the truth" because we belong to each other.

26 And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, **27** for anger gives a mighty foothold to the Devil. **28** If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need. **29** Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he is the one who has identified you as his own, guaranteeing that you will be saved on the day of redemption. **31** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. **32** Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Some of the things we need healing from or for...

- Memories
- Emotions
- Friendships
- Failures
- Unforgiveness
- Physical
- Shame
- False Guilt
- Excess Guilt
- Grudges
- Unconfessed Sin
- From the Lie
- From lies that tricked us
- Not living up to agreements we made with God, others or ourselves
- So many more...

Weekly Wisdom from the Lord:

- Proverbs 14:1** A wise woman builds her house; a foolish woman tears hers down with her own hands. **2** Those who follow the right path fear the LORD; those who take the wrong path despise him. **3** The talk of fools is a rod for their backs, but the words of the wise keep them out of trouble...
- 5** A truthful witness does not lie; a false witness breathes lies.
- 6** A mocker seeks wisdom and never finds it, but knowledge comes easily to those with understanding. **7** Stay away from fools, for you won't find knowledge there.
- 8** The wise look ahead to see what is coming, but fools deceive themselves.
- 9** *Fools make fun of guilt, but the godly acknowledge it and seek reconciliation.*

10 Each heart knows its own bitterness, and no one else can fully share its joy. **11** The house of the wicked will perish, but the tent of the godly will flourish.

12 There is a path before each person that seems right, but it ends in death.

13 Laughter can conceal a heavy heart; when the laughter ends, the grief remains.

14 Backsliders get what they deserve; good people receive their reward.

15 Only simpletons believe everything they are told! The prudent carefully consider their steps.

16 The wise are cautious and avoid danger; fools plunge ahead with great confidence.

17 Those who are short-tempered do foolish things,
and schemers are hated.

18 The simpleton is clothed with folly, but the wise
person is crowned with knowledge...

21 It is sin to despise one's neighbors; blessed are
those who help the poor.

22 If you plot evil, you will be lost; but if you plan
good, you will be granted unfailing love and
faithfulness.

23 Work brings profit, but mere talk leads to poverty!

24 Wealth is a crown for the wise; the effort of fools
yields only folly.

25 A truthful witness saves lives, but a false witness
is a traitor.

26 Those who fear the LORD are secure; he will be a place of refuge for their children. **27** Fear of the LORD is a life-giving fountain; it offers escape from the snares of death...

29 Those who control their anger have great understanding; those with a hasty temper will make mistakes. **30** A relaxed attitude lengthens life; jealousy rots it away.

31 Those who oppress the poor insult their Maker, but those who help the poor honor him. **32** The wicked are crushed by their sins, but the godly have a refuge when they die. **33** Wisdom is enshrined in an understanding heart; wisdom is not found among fools. **34** Godliness exalts a nation, but sin is a disgrace to any people.

Steps to Losing the weight...

- Pray. Pray, pray
- Know God's view
- Get sick of sin
- Be truthful with yourself
- Resolve to live differently. (Actions have consequences)
- Forgive Yourself
- Hang around people who will make you better
- Make a plan for success
- Have someone keep you accountable
- Don't give up