

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.

Wisdom from Proverbs 12

1To learn, you must love discipline; it is stupid to hate correction. 2The LORD approves of those who are good, but he condemns those who plan wickedness. 3Wickedness never brings stability; only the godly have deep roots. 4A worthy wife is her husband's joy and crown; a shameful wife saps his strength. 5The plans of the godly are just; the advice of the wicked is treacherous. 6The words of the wicked are like a murderous ambush, but the words of the godly save lives. 7The wicked perish and are gone, but the children of the godly stand firm. 8Everyone admires a person with good sense, but a warped mind is despised. 9It is better to be a nobody with a servant than to be self-important but have no food. 10The godly are concerned for the welfare of their animals, but even the kindness of the wicked is cruel.

11 Hard work means prosperity; only fools idle away their time. 12 Thieves are jealous of each other's loot, while the godly bear their own fruit. 13 The wicked are trapped by their own words, but the godly escape such trouble. 14 People can get many good things by the words they say; the work of their hands also gives them many benefits. 15 Fools think they need no advice, but the wise listen to others. 16 A fool is quick-tempered, but a wise person stays calm when insulted. 17 An honest witness tells the truth; a false witness tells lies. 18 Some people make cutting remarks, but the words of the wise bring healing. 19 Truth stands the test of time; lies are soon exposed. 20 Deceit fills hearts that are plotting evil; joy fills hearts that are planning peace!

21 No real harm befalls the godly, but the wicked have their fill of trouble. 22 The LORD hates those who don't keep their word, but he delights in those who do. 23 Wise people don't make a show of their knowledge, but fools broadcast their folly. 24 Work hard and become a leader; be lazy and become a slave. 25 Worry weighs a person down; an encouraging word cheers a person up. 26 The godly give good advice to their friends; the wicked lead them astray. 27 Lazy people don't even cook the game they catch, but the diligent make use of everything they find. 28 The way of the godly leads to life; their path does not lead to death.

Proverbs 12 (NLT)

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

Other scriptures of hope for the weary

- 12 Hope deferred makes the heart sick, but when dreams come true, there is life and joy. 13 People who despise advice will find themselves in trouble; those who respect it will succeed. *Proverbs 13:12-13*
- **Matthew 11:28** Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **2 Corinthians 5:2** We grow weary in our present bodies, and we long for the day when we will put on our heavenly bodies like new clothing. **2 Corinthians 11:26** I have traveled many weary miles. I have faced danger from flooded rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the stormy seas. And I have faced danger from men who claim to be Christians but are not. **Hebrews 12:3** Think about all he endured when sinful people did such terrible things to him, so that you don't become weary and give up.

Video clip of the Mission

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
- Lying to others
- Not living up to agreements we made with God, others or ourselves
- So many more...