



1 Corinthians 9:24-27--Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

3 Weights We Need to Lose

1. Lose _____ and be _____ in who God _____ us .

Ephesians 2:10--For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Romans 9:20--But who are you, O man, to talk back to God? "Shall what is formed say to him who formed it, 'Why did you make me like this?'"

Psalms 139:13,14--For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

2. Lose _____ and _____ those who have _____ us .

Hosea 1:2,3--When the LORD began to speak through Hosea, the LORD said to him, "Go, take to yourself an adulterous wife and children of unfaithfulness, because the land is guilty of the vilest adultery in departing from the LORD." So he married Gomer daughter of Diblaim, and she conceived and bore him a son.

Hosea 3:1-3--The LORD said to me, "Go, show your love to your wife again, though she is loved by another and is an adulteress. Love her as the LORD loves the Israelites, though they turn to other gods and love the sacred raisin cakes." So I bought her for fifteen shekels of silver and about a homer and a lethek of barley. Then I told her, "You are to live with me many days; you must not be a prostitute or be intimate with any man, and I will live with you."

Matthew 18:21,22--Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

>> _____ is the _____ of the prison door only to find that you were the _____.

3. Lose _____ and have a _____ of _____ .

Proverbs 5:21--For a man's ways are in full view of the LORD, and he examines all his paths.

Matthew 5:27-29--You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

Faith is:

F _____ and _____.

A _____ your _____ for God.

I _____ Christ.

T _____ in the Lord.

H _____ firmly to His _____.

Small Group Discussion Questions:

1. What are some weights you would like to lose in 2009?
2. Review the points and verses from this lesson. What personal application can you make from this teaching?
3. What drastic measures do we need to take to conquer sin in our lives?
4. Take some time right now to pray for the needs of those in your small group.