

Single & Single-Again TUES NITES Meal, Message & Mixer

Unloading Your Baggage

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files will be online to share with others at www.christiansinglesindenver.com

Hebrews 12:1-3

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

In the Christian Life we are compared to running a race.

To run a race it takes endurance.

Endurance means we have to **W** _____ at it.

As Christians, we need to identify the issue that God wants us to see and deal with it.

If you're **N** _____ willing to look at this, you're **N** _____ willing to grow.

And, if you don't look at this, you will **N** _____ grow.

Hebrews 12:1-3 compares the Christian life to a race and encourages us to "lay aside" those things that block our progress.

Encumbrance. This is anything that keeps us from effectively living the Christian life.

1. A **P** _____ self-image.
2. A defeatist attitude.
3. Feelings of **R** _____.
4. Perfectionism.
5. A fear of **F** _____.
6. Procrastination.
7. A **L** _____ of self-control.
8. A **L** _____ of concentration.
9. A negative **A** _____.
10. A suspicious **A** _____.
11. Indecision.

Single & Single-Again TUES NITES Meal, Message & Mixer

Unloading Your Baggage

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files will be online to share with others at www.christiansinglesindenver.com

Sin. The second hindrance is "the sin which so easily entangles us" (Heb. 12:1). This does not mean sin in the general sense of the word, but instead refers to a specific one.

1. It's our primary area of **W** _____.
2. It's one we must continually **G** _____ against because it tempts us most.
3. It's difficult to **R** _____ and frequently ensnares us.
4. It divides our **M** _____ when we think about it.
5. It **H** _____ our relationships with others.
6. It surfaces when we **P** _____.
7. It strikes at our **S** _____ - **R** _____.
8. It **H** _____ our relationships with God.

All believers have certain sins that weigh them down. They include:

1. Un -Forgiveness.
2. A **C** _____ spirit.
3. A jealous spirit.
4. **G** _____.
5. Pride.
6. **D** _____.
7. Lust.
8. **U** _____.
9. Anger.
10. **B** _____.
11. Gossip/Slander.
12. **L** _____ of money.
13. Idolatry.

Like runners in a race, we must remove anything that slows us down. If we refuse, we'll find those things:

Single & Single-Again TUES NITES Meal, Message & Mixer

Unloading Your Baggage

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files will be online to share with others at www.christiansinglesindenver.com

- A. **D** _____ us.
- B. Divide our minds and send us off **T** _____.
- C. **D** _____ our energy.
- D. Slow our **P** _____.
- E. Cause us to **S** _____.
- F. Are **D** _____.

In order to run effectively, we must release things God never intended us to carry

The Lord has planned the best race for each of us. However, we can't win and fulfill His plan until every hindrance is laid aside. We don't have to carry baggage and continue failing in our efforts to overcome the sins in our lives. God will set us free if we'll believe Him, and by faith in the power of the Holy Spirit, make a conscious choice to do away with whatever is displeasing to Him.

Single & Single-Again TUES NITES Meal, Message & Mixer

Unloading Your Baggage

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files will be online to share with others at www.christiansinglesindenver.com

Discussion Questions:

- 1. What was the most important thing you got out of tonight? Why? What was the biggest challenge tonight? Why?**
- Do you struggle with any of the items below? If so which would be the top one and how might you begin to change this one area starting tonight?
 1. Unforgiveness.
 2. A critical spirit.
 3. A jealous spirit.
 4. Greed.
 5. Pride.
 6. Deceit.
 7. Lust.
 8. Unbelief.
 9. Anger.
 10. Bitterness.
- 3. Our draw to relationship can be for companionship, business, love, or romance. The draw is strong and compelling. But it is not always well-informed, healthy, or full of good judgment. So we often make bad choices, or we don't handle our relationships the way we should. How do you do with the relationships in your life? What kind of person do you attract? Would you like to see this change? Why or Why not?**
- The Lord has planned the best race for each of us. However, we can't win and fulfill His plan until every hindrance is laid aside. What do you think about that? Can we have a relationship with someone if we haven't dealt with these things?

HELPFUL TIPS for Great Table Discussions

**Each table should have a designated
Table Host.**

Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

- 1. Smile and be friendly.**
Avoid excessive complaining about people or personal problems.
- 2. God's grace rules the day**
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
- 3. Moving the discussion along.**
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
- 4. Help for the hurting:**
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.