

Personal Liturgy

Week 4: Lay Aside Every Weight

Primary Passage: Hebrews 12:1-3

Related Passage: 1 Corinthians 6:12, 1 Corinthians 10:23

"We each carry in our minds a list of behaviors we label 'sinful,' and it is understood that participating in these things can disrupt our experience of God's presence. But just because something isn't 'sinful' doesn't mean it cannot be detrimental."

- Skye Jethani

LifeGroup Study Guide:

Read and Recap: Have someone read **Hebrews 12:1-3** and recap the highlights from this week's sermon.

- How do you discern between a weight and a sin? Talk about some of the weights that you see in your life.

In the sermon, fasting was discussed as a way to build self-control and strengthen your "say no to self" muscle.

- Take a look at your responses to the Personal Liturgy challenge on February 12th: What in your life do you think you could NEVER fast from? Is this evidence that those things might control you in a negative way?
- If you consider the things that you defined as "weights," what would be the benefits of removing them from your life? What are your hesitations in doing so?

After identifying the weights in your life, take a minute to make a practical plan for how to lay aside or fast from these things. Here are some questions to think through when making your plan:

- What will laying aside or fasting from these things look like for you?
- How can your Lifegroup encourage you and hold you accountable to your decision to fast from these things?

- Are there healthy practices or disciplines that could replace and come alongside your denial of these weights?

Pray for the Holy Spirit to reveal anything in your life that might be hindering your growth.

Pray that our church family would grow in recognizing and laying aside weights in our lives.