

Lighten Your Load

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lighten¹ | 'līt̄n |

verb

make or become

lighter in weight,

pressure, or

severity:

Heb. 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

- In a relay race, those that have finished the race usually cheer on those that have not completed it. God has given us a cloud of witnesses that have shown us how to run this race. *James 5:10 Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.*
- Our lives are fashioned by our decisions, so we must consider the weight of things and how it may slow us down when making choices in our lives. *1Pet. 3:11 Let him eschew evil, and do good; let him seek peace, and ensue it.*
- Heavy burdens hinder our progress and many times shorten our lives. We must follow the leading of God and the examples He set before us so we can manage the load we carry. *Prov. 3:6 In all thy ways acknowledge him, and he shall direct thy paths.*



- Most weights we carry in this life are a result of sin. Either our sin or the sin of others. Sin not only weighs us down but it hinders the intentions that God has for us. *Psa. 66:18 If I regard iniquity in my heart, the Lord will not hear me:*
- Many struggle with focusing on the finish line because of all the distractions that sin causes. We should never make decisions without considering how it will effect the end of the race. *Eccl. 7:8 Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit.*
- To beset means to threaten. Sins that easily beset us are the sinful decisions that continue to tempt us even after repentance. We must lay these aside so that we can finish our race without hindering the race of others. *Luke 9:62 And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.*



- Because of the sins of others, everyone's race will differ. What some endure others may not and vice versa. But the bottom line is that we must all run the race that is set before us. *1Cor. 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*
- Even though our race may differ from one to another, we are all still responsible for our own decisions that we make while running. *Rom. 14:12 So then every one of us shall give account of himself to God.*
- Patience should be exercised while anticipating the end of the race as well as making decisions during the race. Patience is exhibited when we get informed, get counsel, and study those that have completed their race before us. *Rom. 5:3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope:*



SUMMARY

Many today are carrying excess weights. Weight acquired through their sin or the sins of others are weighing them down to the point of discouragement and disparity. The widespread usage of prescription drugs to help their bodies and minds cope with the heavy burdens of their lives while creating side effects adds even more despair to them. Our society has taught us excess without responsibility, so the weight of what is accrued is not considered! Trying to excel financially or be approved of socially is weighing people down and causing them to consistently miss their God given plan for their lives. Without the will of God, our race becomes impossible to finish.

Christ told us that His yoke is easy and His burden is light. This means that His way guarantees us to finish our set race and laying aside weights and sins will make our way more efficient and light. Our weight can be heavy or light depending on how we follow Christ. If we opt for societal norms instead of God's plan for us, then we will add things to our lives that will hinder our progress and make our race harder. We all will finish the race someday but the question is, what toll will it take on us and others that we affect?

1Cor. 9:24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

1Cor. 9:25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

1Cor. 9:26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

1Cor. 9:27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.