

Week 3

LETTING GO TO WIN

Hebrews 12:1 (NKJV)

“...let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

INTRODUCTION

The Christian life is not a casual walk... it is a race with purpose. And in every race, there is something important: it is not only about how fast you run... it is also about what you are carrying while you run.

The problem is that many people want to move forward, but they continue carrying things that are holding them back. That is why the Bible says, “Let us lay aside...” This means that there are things which, if we do not let them go, will prevent us from winning the race.

1. LETTING GO IS A NECESSARY DECISION TO MOVE FORWARD.

“...let us lay aside...”

Letting go is not automatic; it is intentional. God shows you what to let go of, but you must decide to do it.

Example: letting go of an attitude, an unhealthy relationship, or a habit that you know is not helping you. Holding on keeps you from moving forward.

You cannot advance if you continue clinging to the same things. Example: wanting to change but continuing to make the same decisions, staying in toxic relationships, maintaining unhealthy habits, and remaining in harmful environments.

Letting go is part of the training process. Just as an athlete gives up habits that affect performance, you also need to let go of what is holding you back. Letting go is not weakness; it is a strategy for winning.

2. LETTING GO OF THE PAST ALLOWS YOU TO MOVE FORWARD.

“...let us run with endurance the race that is set before us.”

The past can become a burden. Guilt, shame, and wounds weigh more than you can imagine. Example: people who fail to move forward because they continue defining themselves by past mistakes. And many times, because they carry the past, they become weary and think about giving up... but today God is telling you: “Don’t give up.” Let go of what is holding you back and keep running.

God does not define you by your past.

Philippians 3:13 (NLT) – “Forgetting the past and looking forward to what lies ahead.”

What you did does not determine your future in God. God sees what you can become, not only what you used to be. Letting go of the past sets you free to run.

Isaiah 43:18-19 (NLT) – “But forget all that—it is nothing compared to what I am going to do. For I am about to do something new!”

You cannot run toward the new while still being tied to the old. Today you can decide to let go of guilt, shame, and the old version of yourself.

3. LETTING GO OF WEIGHTS AND SIN ALLOWS YOU TO RUN TO WIN.

(“every weight, and the sin which so easily ensnares us”)

There are things that are not sinful, but they still slow you down. Distractions, misplaced priorities, overcommitment, and unhealthy relationships. Example: being so busy that you have no time for God, your family, or your purpose. The more unnecessary weight you carry, the less progress you make.

Sin entangles you and causes you to fall. It does not just slow you down... it causes you to lose direction. Example: repeated decisions that pull you away from what is right. You cannot run steadily if you are tired to what causes you to stumble. And even if you have fallen or feel trapped, "Don't give up" ... Get up, let it go, and start running again.

Letting go restores your freedom and focus. Galatians 5:1 (NLT) – "...Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law." When you let go, you can run with clarity, peace, and purpose. Letting go is not losing... it is removing everything that keeps you from winning.

CONCLUSION

Many people want to move forward, but few are willing to let go. God is not asking you to run faster; He is asking you to run freer. Because in this race, the winner is not the one who carries the most... the winner is the one who knows how to let go of what is holding them back.

Today is the day to make a decision: let go of the past, let go of the weight, let go of the sin. And even if letting go hurts, even if the process is difficult... "Don't give up." Because when you let go of what hinders you... you prepare yourself to run and win.

SALVATION PRAYER:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my Lord and personal Savior. Amen.

MEMORY VERSE: Hebrews 12:1 (NKJV)
"...let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us."

INTERACTIVE QUESTIONS:

1. What are you carrying today that you know is holding you back?
2. How has your past affected the way you live today?
3. What decision do you need to make this week to let go and move forward?

GROUP ACTIVITY:

"Let Go and Move Forward"

Each person will receive a piece of paper.

Write down something God is asking you to let go of (a habit, relationship, attitude, distraction, etc.)

Then do a symbolic act (tear up the paper or place it in a box).

End by praying and surrendering those things to God.

PRACTICAL APPLICATION FOR THE WEEK:

- Identify one specific thing God is asking you to let go of.
- Take one concrete step of immediate obedience.
- Find someone in the group to be accountable to during the week.

Challenge: Obey without delaying what God has already shown you.