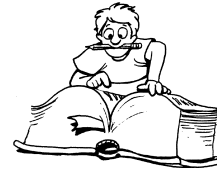




I believe!

If you have never believed in Jesus Christ as your Savior, take a moment now to know that God the Father loves us and sent His Son, Jesus Christ, down from heaven to become a man to pay the penalty for all of our sins and not only ours but for the sins of the whole world. He was without sin and He paid the price for everyone's sins on the cross. After that He was buried in a tomb and then rose again from the dead. If you believe in Jesus, you will spend eternity with God in heaven forever and no one can snatch you out of God's hands! This is God's TRUTH.

John 3:16 "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."



Hebrews 12:1-2 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance [weight] and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus....

God, our loving Father, has set a course before us, and it includes obstacles or hurdles: problems and difficulties, disasters, and heartaches. There are also hurdles of success, distraction, and pleasures. NO WORRY! God has also given us everything we need to "jump over" these hurdles - the filling of the Holy Spirit and God's Word...Bible doctrine.

We have a lot of weights or worries we carry around with us in our minds. We need to get rid of them in order to run the race better. The weights make it difficult for us to grow in the grace and learn about the Lord Jesus Christ. Just to name a few: worry, fear, pride, selfishness, guilt, anger, bitterness and jealousy. There is NO WAY we can run our race carrying any of these weights. And we CAN'T leap over the hurdles with simple faith.

Now it is very important to know HOW we are supposed to get rid of these weights. We are supposed to let our Lord take our heavy burdens and in exchange we take His easy yoke, Bible doctrine. We are to keep our eyes on Jesus. He is our Coach and the reason for jumping the hurdles. He is the Prize. Awesome!

Pee Wee Light



Lighthouse Bible Church

Lesson #13

Hurdles and Weights in the Spiritual Life

1 Peter 5:6-8 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

Matthew 11:28-30 Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke [Bible doctrine] upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light.