

Life Notes

May 2, 2010

Facebook Status - The Weight I Carry

Status.....is a state, condition, or situation.

What weight do you carry?

Psalm 109:21-23 (NKJ)

²¹ But You, O GOD the Lord, Deal with me for Your name's sake; Because Your mercy is good, deliver me. ²² For I am poor and needy, And my heart is wounded within me. ²³ I am gone like a shadow when it lengthens; am shaken off like a locust.

Baggage _____ us down!

Baggage changes our status of who we are. Baggage takes away from us being us.

Baggage causes us to carry things we were _____ to carry.

Baggage can cause those around us to begin to feel like _____.

Baggage can build _____.

Baggage will cause us to lose all _____!

Tag It!

Job 7:11(NL)

¹¹ I cannot keep from speaking. I must express my anguish. My bitter soul must complain.

John 1:41

*The first thing Andrew did was to find his brother Simon and tell him, "We have found the **Messiah**" (that is, the Christ).*

Mess - iah!

Claim It!

1 John 1:8-10 (NL)

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹ But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

Matthew 11:28 (NKJ)

²⁸ Come to Me, all you who labor and are heavy laden, and I will give you rest.

Matthew 11:28(Amplified Bible)

²⁸ Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh, your souls.

Matthew 11:28(The Message)

28-30"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Shame

There are two forms of shame:

- Healthy/Nourishing Shame
- Toxic/Life-Destroying Shame

Healthy shame is at the core of our conscience. It helps us determine right from wrong. Shame carries a sense of hopelessness, since one believes he is flawed beyond repair.

There is no limit to the _____ that Christ can supply!

Hebrews 12:1-3 (NIV)

¹Therefore, 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. ²Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

John 8:1-11 (NIV)

¹But Jesus went to the Mount of Olives. ²At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. ³The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group ⁴and said to Jesus, "Teacher, this woman was caught in the act of adultery. ⁵In the Law Moses commanded us to stone such women. Now what do you say?" ⁶They were using this question as a trap, in order to have a basis for accusing him. Jesus bent down and started to write on the ground with his finger. ⁷When they kept on questioning him, he straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her." ⁸Again he stooped down and wrote on the ground. ⁹At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. ¹⁰Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" ¹¹"No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

A woman.....a man!
A sinner.....the sinless Son of God!
An adulterous.....The Messiah!

"Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you,"

No one, sir!

Romans 8:1 (NIV)

¹Therefore, there is now no condemnation for those who are in Christ Jesus.

2 Corinthians 5:17(NIV)

¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Those who are not _____ to condemn you,
will...count on it!

The one who is _____ to condemn you,
won't...count on it!

Philippians 3:12-14(NIV)