

Walking In The Spirit, Part II (Letting Go)

The Walk of Holiness

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Sermon: The Walk of Holiness: Walking In The Spirit, Part II (Letting Go)

Lesson Text

Galatians 5:16 (AV) ¹⁶ *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Hebrews 12:1–3 (AV) 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, ² Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. ³ For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

Introduction

Last week, we ministered “Walking in the Spirit (Drunk in the Spirit)”: Drunk in the Word (The Will of God); Drunk in the Spirit (The Steps of God); Drunk in the Praise (The Voice of God)

Today we will continue that walk by looking at what inhibits it.

Walking in Spirit from the perspective of our lesson text is likened to a runner running a race.

When we get saved and begin to walk in holiness, we shoot out of the blocks of a race, running towards Jesus. There is great joy and excitement about the race, and we are killing it.

But then something happens, we slow down until our adversary tracks and chases us down.

1 Peter 5:8 (AV) ⁸ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

So, the Hebrew writer in our lesson text employs us to strip off the weight that slows us down, and the sin that trips us up; otherwise we will eventually get caught and give up!

If we are to Walk in the Spirit, run and finish our race, we must let go of anything and everything that would impede, inhibit, obstruct, hinder, and burden us.

If we don't let these things go, they will become a tether (like a bungee cord rope) that the more we run, the more they will keep pulling us back into the hands of the enemy.

The answer is to look to Jesus, the author and finisher of our faith and let it go so that we win!

Series and Sermon: The Walk of Holiness: Walking In The Spirit, Part II (Letting Go)

“Letting Go of Our Weights, Letting Go of Our Sins, and Letting Go of Our Impatience”

I. Letting Go of Our Weights

Hebrews 12:1 (AV) ¹ Wherefore seeing we also are compassed about with so great a cloud of witnesses, ***let us lay aside every weight***, ...

The challenge with weights is that they are not sins, and so are not inherently wrong or wicked. So, when it comes to holiness, too many Christians put little effort in dealing with their weights.

The word weight here is the Greek word “ogkos”, which means anything that obstructs, hinders, or burdens one by weighing him or her down. As a runner, it refers to both the weight that’s on you and the weight that’s in you.

We must let go of the weight that’s on us (Too Many Clothes): Mark 4:19 (AV)¹⁹ **And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.**

- We must let go of the weight of cares of this world, worries, stress, and anxiety and put on the Peace of God that passes all understanding (Philippians 4:6-8)
- We must let go of the love of money that is the root of all evil causing us to error (1 Timothy 6:10).

We must let go of the weight that’s in us (Too Much Excessive Weight): Romans 7:18 (AV)¹⁸ For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but *how* to perform that which is good I find not.

- We must let go of our deceitful heart and get God to create in us a clean heart and renew a right spirit in us. (Psalms 51:10)
- We must let go of ungodly advice from others that get on the inside of us, and meditate on God’s Word (Psalms 1:1-2)

We don’t get to pick and choose what to let go, but “let us lay aside **EVERY** weight”!

To Walk in the Spirit, Run the Race, we’ve got to let it all go!

II. Letting Go of Our Sins

Hebrews 12:1 (AV) 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***, ...

The second thing we must let go of is sin. That which is morally wrong. That which our flesh lusts after.

The truth is when we first get saved, we shoot out of the blocks running for Jesus. We want to do that which is right in the sight of God. We are on fire and want to live Holy.

So why do so many Christians end up sinning and even backsliding? Because they never let go of the weights and the weights slow them down just enough so that the sin chases them down.

Weights are not a sin, but if you don’t let them go, they will slow you up enough so that the sin can catch you and ultimately destroy you.

1 John 2:16 (AV)¹⁶ For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Galatians 5:19–21 (AV)¹⁹ Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness, ²⁰ Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹ Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told *you* in time past, that they which do such things shall not inherit the kingdom of God.

In the words of Teddy Pendergrass, “I think I better let it go, it looks like another love TKO (Technical Knockout)!” Sin will TKO the Love of God out of us, TKO the Joy of the Lord, TKO the Peace of God, Longsuffering, Gentleness, Goodness, Faith, Meekness, Temperance.

III. Letting Go of Our Impatience

Hebrews 12:1 (AV)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**,

The final thing we must let go of is impatience in our race.

Not only are we being weighed down by the cares of the world, and chased down by the sins of this world; but we are defeated by the impatience of this world!

Our propensity for impatience, not being willing to wait, is destroying us. We’ve become a microwave, instant grits, fast food, Betty Crocker Society.

There’s something about a slow cooked meal and a pound cake made from scratch.

But too many have turned into, “It’s my money, and I want it NOW!” I want my stuff NOW! I want my spouse NOW! I want a house NOW! I want a job NOW! I want a promotion NOW! I want my break through, healing, deliverance NOW!

Ecclesiastes 9:11 (AV)¹¹ I returned, and saw under the sun, that **the race is not to the swift**, ...

Matthew 10:22 (AV)²² **And ye shall be hated of all men for my name’s sake: but he that endureth to the end shall be saved.**

So how do we let go of this microwave, instant, gotta have it now impatience? Look to Jesus!

Hebrews 12:2-3 (AV)² Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. ³ For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

Isaiah 40:31 (AV)³¹ But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

Midweek Study Lesson Plan (Sermon: Walking In The Spirit Part II (Letting Go))

Lesson Text

- Galatians 5:16; Hebrews 12:1-3

Sermon Outline (Notes)

I. *Letting Go of Our Weights*

II. *Letting Go of Our Sins*

III. *Letting Go of Our Impatience*

Questions (What was your main takeaway from Sunday's Sermon?)

I. **Getting to Know "Me"**

1. Some people "spring clean" when the Spring season comes. What is the "thing" that you do to mark the beginning of the Fall season?
2. What is the most you are willing to pay for: a dress/suit / a pair of shoes / a haircut/hairstyle / a bottle of water / your favorite meal?

II. **Into the Bible**

1. Look more closely at Hebrews 12:3 and discuss the following (a) What are the trials Jesus met with in his race? and (b) How do we meet with the same trials in our Christian walk today?
2. In Matthew 6:25 (NLT), Jesus taught "That is why I tell you not to worry about everyday life -- whether you have enough food and drink, or enough clothes to wear? Isn't life more than food and your body more than clothing?" Explain how worrying about everyday life may lead to weights and/or sins.

III. **Life Application**

1. In the sermon, Pastor Nichols mentions how impatience can destroy our lives and the difference of a slow cooked meal and a pound cake made from scratch. Have you ever experienced impatience in your life? What were the results and what did you learn?
2. We are transformed by the renewing of our minds. (Rom 12:1-2) What steps can you take to renew your mind so you can let go of the weights and sins that inhibit your growth?