



INTRODUCTION:

Unload - unnecessary weight that hinders your progress.

While we know that God admonishes us to lay aside the weight that hinders us, how often have we taken on things that were never assigned to us, or carry seasonal things that have reached their expiration date. We sometimes find ourselves saddled with extra weight that keeps us from having the God ordained mobility that we need to pursue what he has set before us. We carry people, responsibilities, titles, endeavors, roles, jobs and agreements that are burdensome and limit our momentum. It's time for us to lay aside the load that hinders our progress and move into the freedom needed to run our race well.

DISCUSSION QUESTIONS:

1. What stood out most to you from this week's conversation entitled "Unload"?
2. Talk about a time in your life where you felt like you were carrying more than you were able to bear. What were some things that made you aware of that?
3. Life is seasonal; there are times in which things enter our lives and other times in which they exit. Talk about a time when something new entered your life that excited you. Also, talk about a time when something came to an end that was difficult for you.
4. Hebrews 12:1 was discussed this week, particularly the connection between weight and run. When you read that passage of scripture, what comes up for you?
5. The steps that have to be taken to Unload what hinders us can be difficult at times. What are some ways in which your traveling companions can help you through this process?

WEEKLY JOURNAL REFLECTION:

Meditate on Hebrews 12:1-3 and thank God for the sacrifice He made that you might live in freedom. In your quiet space, prayerfully make a list of the things in your life that are not serving your God given purpose. Once your list is created, ask God for wisdom on what actions you should take concerning each one. Don't forget to complete your weekly homework and to check out the "Expert Roundup." These resources and more can be found at www.geremydixon.com.

