



# CELL GUIDE 2015

Theme	Wings and Weights
Topic	Wings and Weights (Part 2)
Speaker	SP Daniel Foo
Date	26 <sup>th</sup> and 27 <sup>th</sup> September 2015

## Message Summary

### Getting Rid of the Weights that Pull Us Down in Life

While bad things happen in this world all the time, we are rarely impacted by them. However, when these negative things do happen to us, we need to be the wise person who builds his house on the rock (Matthew 7:24-27). For it is only he who has built his house upon the rock who will find that his 'house' still stands.

Hebrews tells us that we all have a race to run, and we need to finish well. In order to do so, we must throw aside the weights that encumber us. These weights will limit our efficacy as we are physical beings. We must recognize that who we are today is an interaction between the genes passed down by our forefathers and our accumulated experiences.

SP elaborates on 4 categories of weights, and this summary will include the gist of these 4 categories. Namely, they are: consequences of generational iniquity, lies and deception, inner hurts and wounds.

### Consequences of Generational Iniquity

Sins of the Forefather and its resulting curses (**SOFCs**) can result in consequences of generation iniquity. The accumulated sins of our forefathers result in a propensity for us to exhibit similar negative behavioural traits. While we may feel additional pressure to sin against God, we are still responsible for our own actions. The Idolatry-iniquity-curse cycle will continue in our generational lines unless we break it before God.

We do inherit iniquity, which is the propensity towards particular sins, from our forefathers. These can take the form of all types of sins such as sexual sins, abandonment, financial fears and fears<sup>1</sup>. The good news is that in Christ we can find freedom from **SOFCs**. We need to confess our sins and our ancestors' sins as well. Once we have done that, we need to ask for the forgiveness of God, before we proceed to forgive all who have caused us to sin. We then need to forgive ourselves, renounce and break the power of the curses. Most importantly, we ought to appropriate the freedom and blessings that Christ has purchased for us.

### Lies and Deception

Beliefs are a large part of who we are. It should then come as no surprise that Ungodly Beliefs (**UGBs**) are a big source of the weights that encumbers us. **UGBs** are all thoughts, suggestions, ideas, perspectives, worldviews, proposals, attitudes that are contrary to the character and Word of God. They are formed from our fallen carnal and natural corrupt minds. These include secular worldviews, fallen

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<sup>1</sup>Complete Listing: Sickness and infirmity; Sexual Sins; Abandonment; Anger, Rage Outburst of wrath; Financial problem; Rejection; Fears; Shame, Fear, Control; Occult Involvement (Idol worship)



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family beliefs and ungodly teachings.

These UGBs affect us via the Belief-Expectation-Behaviour-Experience cycle (Mark 11:22-24), or the Shame-Fear-Control Cycle. These **UGBs** become strongholds in our lives (2 Cor 10:4-5), and we need to demolish them to run the race of life well.

We must recognise that there are 3 sources of all thoughts: God, the devil and ourselves. We need to measure, appraise and assess, learn to recognise the thoughts that come from God and take captive the thoughts that come from the evil one (2 Cor 10:5). By renewing our minds daily, we will be able to recognise the thoughts and ideas from the Holy Spirit and recognise our **UGBs** and change them to **GBs**.

These are the steps to walking in freedom: 1) Confess your **UGBs**. 2) Ask for God's forgiveness. 3) Forgive all who influenced you to have **UGBs**. 4) Forgive yourself for receiving and living out the **UGBs**. 5) Cut soul-ties with all who have influenced you to have **UGBs**. 6) Renounce and break the power of all **UGBs** in your life. 7) Replace the **UGBs** with the corresponding **GBs**. 8) Receive the blessings of the **GBs**. 9) Continually connect with the Spirit of Truth.

## Inner Hurts and Wounds

We live in a fallen world and things that should not happen to us do happen. We inherit SOFCs and deal with lies and deceit. To add to that, we fumble from time to time when all these negative events hurt us. The first thing we need to know is that God does want to heal us. However, there are obstacles to being healed such as being unable to forgive, anger/disappointment with God and ungodly soul-ties<sup>2</sup>.

We cannot leave things as they are and once again we can, in Christ, find victory from these wounds. The steps to find healing are as follows: 1) Acknowledge the hurt, frustrations, and pain to the Lord. 2) Invite the Holy Spirit to reveal the source of the hurts. 3) Invite Him to bring about healing and truth. 4) Break any agreement with each UGB attached to this hurt. 5) Apply the Blood of Christ to the hurt/wound. Invite the Holy Spirit to soothe and heal the pain. 6) Ask the father God to bind up and heal complete the pain hurt. 7) Thank the Lord for healing the inner hurts and wounds.

## Other Weights and Baggage

There are other types of weights and baggage as well. Unresolved issues and questions of life, stress, anxieties and fears, some possessions, some activities and even some of the company we keep can all count as weights and baggage. We need to intentionally bring all of these before the Lord and surrender them to Him.

## Conclusion

Jesus said in Matthew 11:28-30 we should go to Him with our heavy burdens and He will give us rest. We need to surrender our baggage to Him that we may run this race, and run this race well.

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<sup>2</sup> Complete Listing of SSH: Unable to forgive; Unconfessed sins; Major Fears; Double thinking; Certain medication affecting thinking and moods; Anger/Disappointment with God; Demonic blockage; Ignorance of the Word; Ungodly soul-ties



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## Questions

1) Share with your cell group an example of the Belief-Expectation-Behaviour-Experience Cycle from your life.

(Fill In Answer Here)

2) SP Daniel Foo discussed several weights and baggage that encumber one's freedom. Discuss a time (past or current) when you had/have excess baggage that pulled/is pulling you down in life. What did/will you do to overcome it?

(Fill In Answer Here)

3) Is there anyone you have trouble forgiving? How can you pray for the person?

(Fill In Answer Here)