



### 3 Pastoral Matters:

- (1) Parents with children under 2 years old
- (2) Leaving and joining a Cell Group (CG)
- (3) A & C with P & C

How to put on Wings to Flee Sins and  
Get Rid of Weights that Pull us Down in Life?  
It is about Walking Victoriously?

## WHY?

**John 16:33** - in the world, you will have tribulation.

**Matthew 24:8** All these are the beginning of sorrows (NKJV) / birthpangs (NIV).

How to put on Wings to Flee Sins and  
Get Rid of Weights that Pull us Down in Life?  
It is about Walking Victoriously?

## WHY?

**Matthew 7:24-25**

**24** Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:

**25** and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

## How to put on Wings to Flee Sins and Get Rid of Weights that Pull us Down in Life?

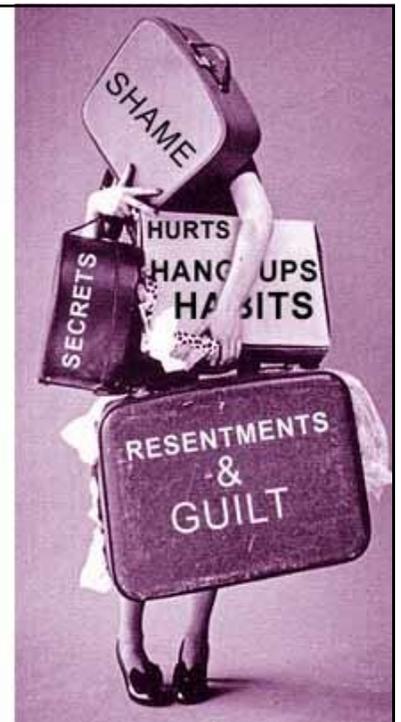
### How to Walk Victoriously?

**Hebrews 12:1** (NKJV) Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight (baggage), and the sin which so easily ensnares us, and let us run with endurance the race that is set before us ..

**Hebrews 12:1** (AMP) ... let us strip off and throw aside every encumbrance (unnecessary weight) ...

#### Definition - **Weights and Baggage**

- things that encumber one's freedom, progress, development, or adaptability.
- **impediments.**
- **intellectual baggage that keeps one from thinking clearly.**
- **neurotic conflicts that arise from struggling with too much emotional baggage.**





FRANCE-PRESSE

## Weighed down by woolly coat

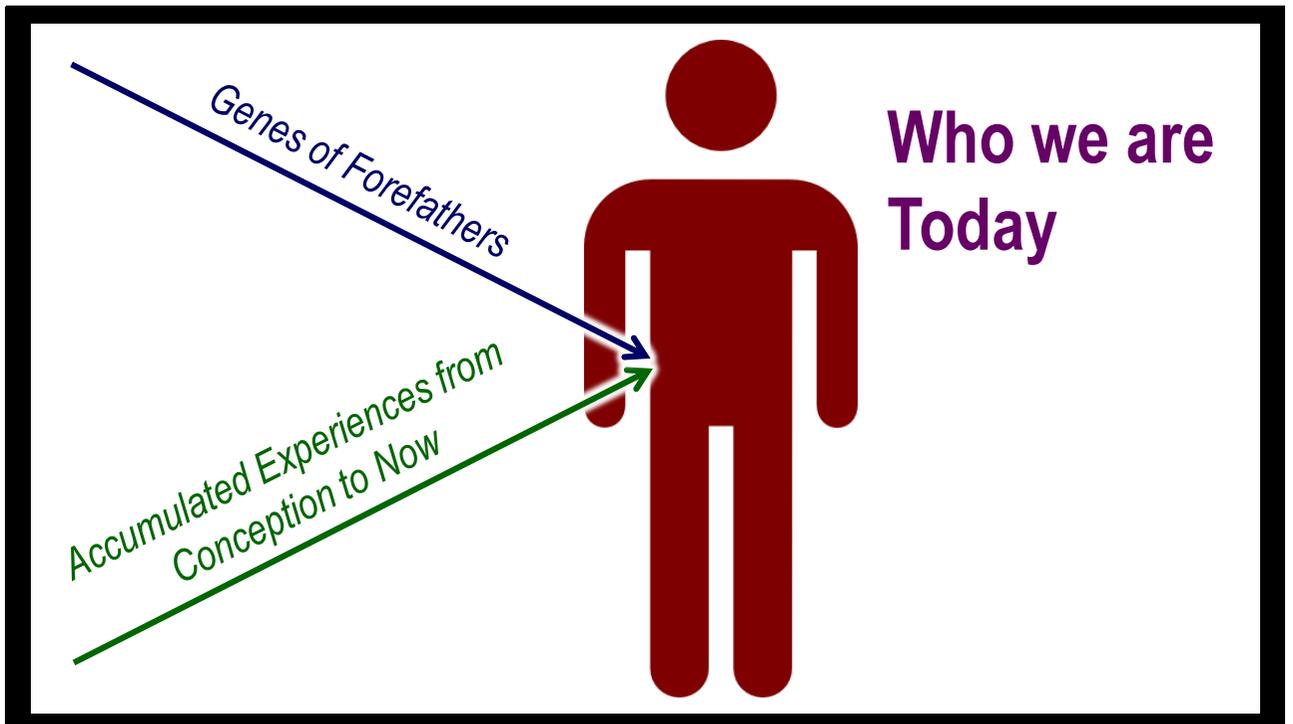
An undated photo obtained yesterday from Australia's Royal Society for the Prevention of Cruelty to Animals (RSPCA) shows a giant woolly sheep on the outskirts of Canberra. Animal welfare officers put out an urgent appeal for shearers after finding the sheep with wool so overgrown its life was in danger.

The very woolly merino sheep was spotted wandering just outside the capital Canberra by bushwalkers, who alerted the RSPCA.

"It's definitely one of the biggest sheep we've ever seen," said the RSPCA's Ms Tammy Ven Dange yesterday. "He's pretty stressed out at the moment. We're trying to keep

him calm and hopefully tomorrow we're going to sedate him and shear him."

Champion shearer Ian Elkins responded to the RSPCA's appeal and said removing the fleece "could be one of my biggest challenges yet". The process is expected to take between one and two hours.



# What are Weights and Baggage that Hinder us to Finish Well in Life?

## 4 Broad Categories



### 4 broad categories of Weights & Baggage:

- I. Consequences of **Generational** Iniquity.  
This is also known as **SOFCs** - **Sins** of the Fathers  
and **Resulting Curses**.



#### Exodus 20:4-6

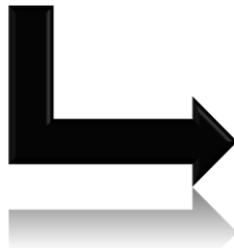
You **shall not make** for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you **shall not bow** down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the **iniquity of the fathers** upon the children to the third and fourth generations of those who hate Me, but **showing mercy to thousands**, to those who love Me and keep My commandments.

## 1. Generational Iniquity:

- A. **Twistedness** because of the accumulated **sins** of our forefathers.
- B. **Propensity** towards the **same negative** behavior traits.
- C. **Pressure** to sin against the laws of God.
- D. Yet we are still **responsible** for our own sinful actions.
- E. The idolatry-iniquity-curse cycle will continue until we **break** it by **repenting** before God.



## 2. Common Consequences of Generational **Iniquity**.



Sickness and Infirmities

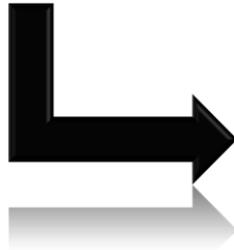
Sexual Sins (Fornication, Idolatry, Marital Issue)

Abandonment

Anger, Rage, Outburst of Wrath

Financial Problems

## 2. Common Consequences of Generational Iniquity.



Rejection - Unworthiness - Passivity

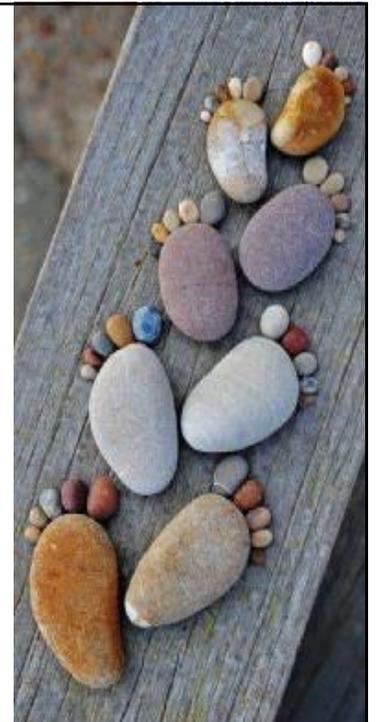
Fears

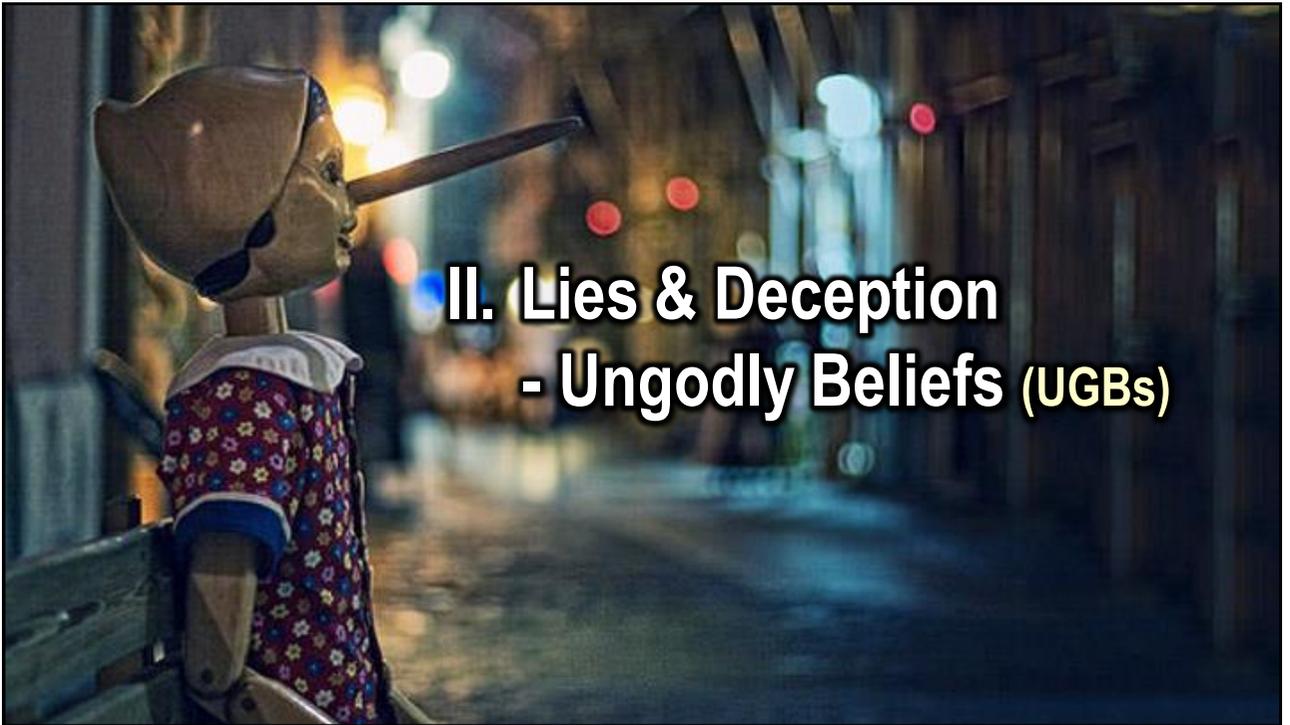
Shame, Fear, Control

Occult Involvement - Idol Worship - Witchcraft

## 3. Steps to walk in Freedom and Victory over SOFCs:

- 1A. Confess our sins and our ancestor's sins.
- 1B. Ask for God's forgiveness.
- 2A. Forgive all who caused you to sin and to suffer the effects of their sins.
- 2B. Forgive yourself.
3. Renounce and break the power of the curses.
4. Appropriate personally the freedom and blessings that Christ purchased for us (Galatians 3:13-14).





### 1. Our Belief System

What we believe determines our destiny.

If you accept a **Belief**, you reap a **Thought**.

If you sow a **Thought**, you reap an **Attitude**.

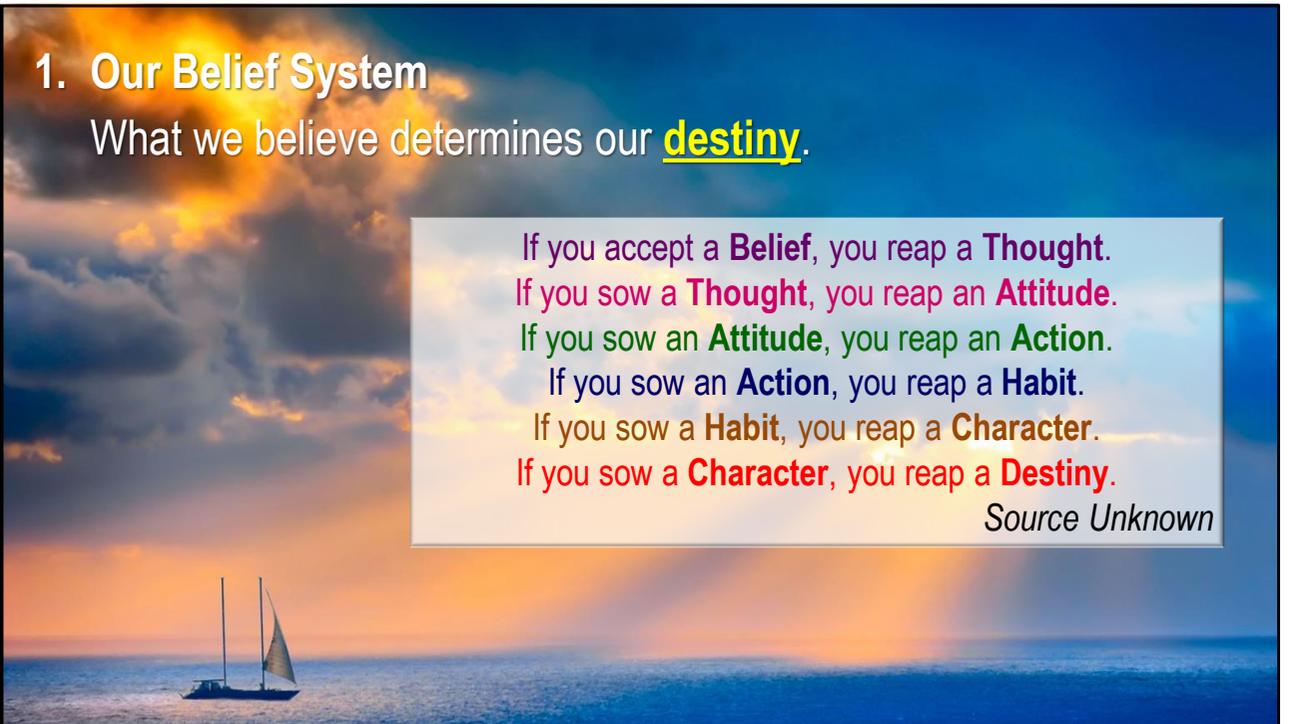
If you sow an **Attitude**, you reap an **Action**.

If you sow an **Action**, you reap a **Habit**.

If you sow a **Habit**, you reap a **Character**.

If you sow a **Character**, you reap a **Destiny**.

*Source Unknown*



## 2. Ungodly Beliefs (UGBs)

- A. **Ungodly Beliefs** are all thoughts, suggestions, ideas, perspectives, worldviews, proposals, attitudes that are **contrary** to the **nature**, **character**, and the **Word** of God.

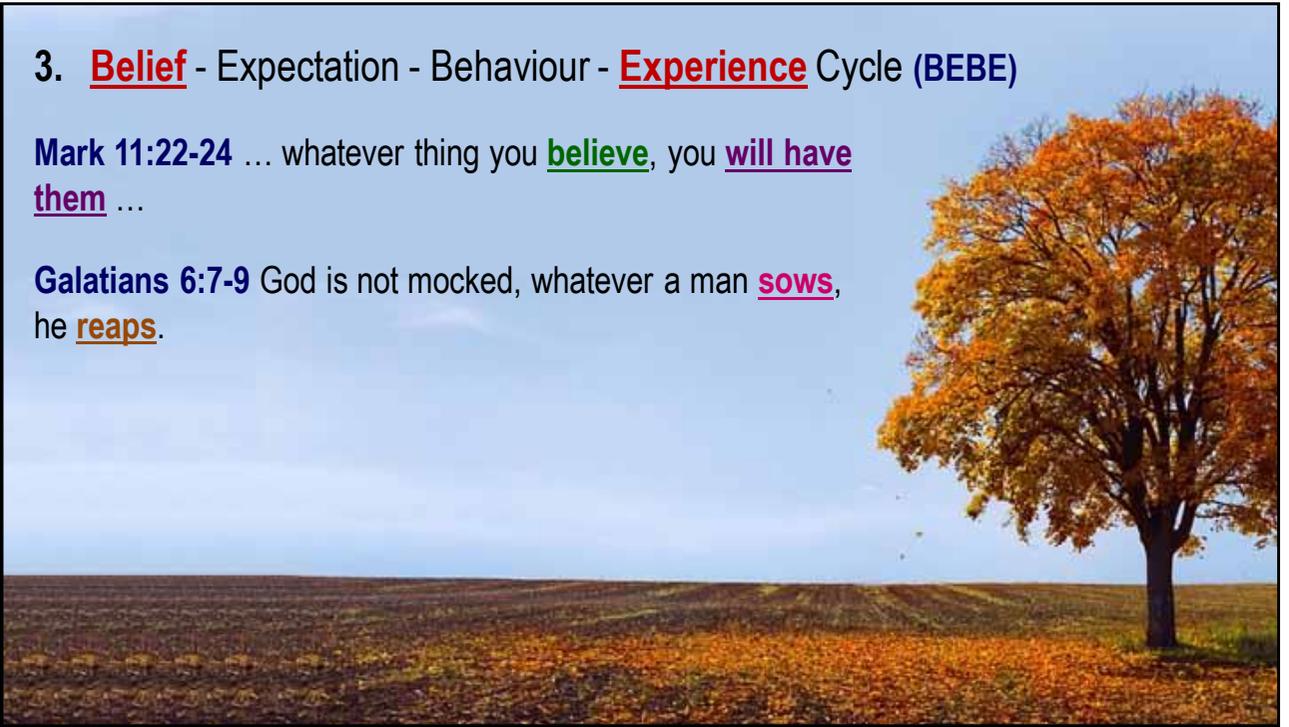
## 2. Ungodly Beliefs (UGBs)

- B. **Ungodly Beliefs** are formed from:
- i. Our **fallen**, carnal, natural corrupt minds.
  - ii. **Secular** worldview.
  - iii. Fallen **family** beliefs.
  - iv. Ungodly **teachings**.

### 3. Belief - Expectation - Behaviour - Experience Cycle (BEBE)

Mark 11:22-24 ... whatever thing you believe, you will have them ...

Galatians 6:7-9 God is not mocked, whatever a man sows, he reaps.



### 3. Belief - Expectation - Behaviour - Experience Cycle (BEBE)



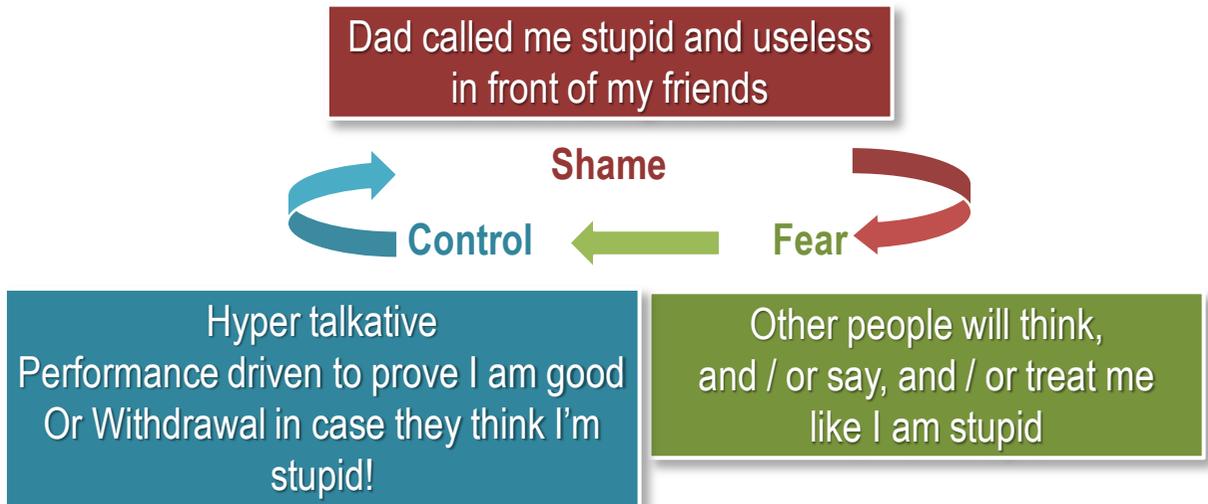
### 3. **Belief** - Expectation - Behaviour - **Experience** Cycle (UG- BEBE)



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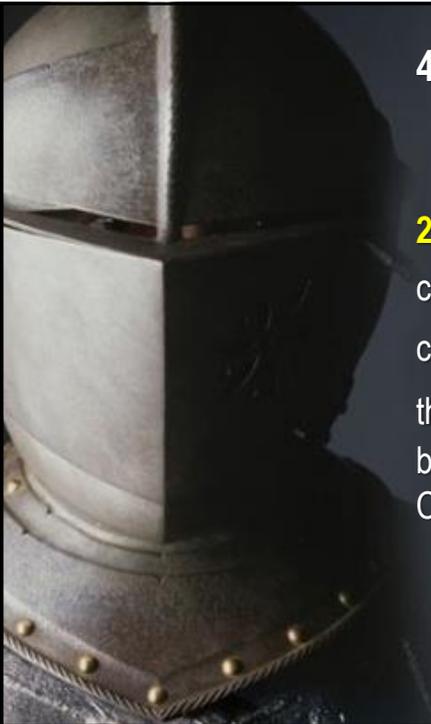


Example of **Shame Fear Control** Cycle (SFC)



4. UGBs will become **strongholds** that block us from walking in freedom and victory.

**2 Corinthians 10:4-5** For the weapons of our warfare are not carnal but mighty in God for pulling down **strongholds**, casting down **arguments** and **every high thing** that **exalts itself against the knowledge of God**, bringing every thought into captivity to the obedience of Christ ...



A. 2 Corinthians 10:5 -  
**Knowledge of God means:-**

Overcoming  
The World

The More  
Abundant Life

Overcoming  
The Evil One

Receiving Every Grace  
In The Divine Exchange

Overcoming The Self  
Sinful Nature

Favour

Provision

The Promised Land

Victory

Wisdom

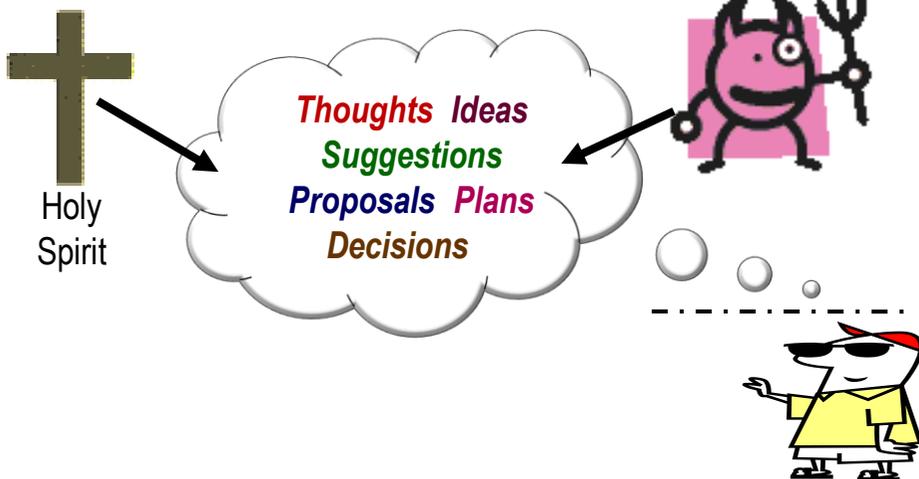
Peace

Healing

Protection



B. Know that there are **3 SOURCES** of all thoughts, ideas, suggestions, dreams ...



- C. Take **CAPTIVE** every thought in obedience to Christ means we use the **Word** of God to **measure** - **appraise** - **assess** the source and content of the thoughts and ideas.
- i. if it is **in** line with the Word - **OK**.
  - ii. if it is **not** in line with the Word - **REJECT**.



- D. Thoughts from the **thinking-pattern** of the **world** of man and from the **evil one** will prevent us from walking in freedom and victory.

**Examples:**

Thoughts of  
Fear

Lustful-Dirty  
Thoughts

Unpleasant / Horror  
Traumatic Scene

Ungodly Beliefs / Lies about God, others and self



E. Our minds need continual **renewal**.

**Romans 12:2** And do not be conformed to this world, but **be transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect Will of God.



F1. Only thoughts and ideas from the **Word** of God as revealed by the **Holy Spirit** will enable us to walk in freedom and victory.

F2. When we realise our UGBs, we must **change** them to GBs.

F2. When we realise our UGBs, we must **change** them to GBs:

	UGB	GB
EG 1	God won't be there in a crisis when I need Him.	My Father-God is faithful, He is with me in every difficulty or trial.
EG 2	I am a mistake. I should never have been born.	God's hand is on my life regardless of the circumstances of my birth or the family I am born into.
EG 3	I have wasted the best years of my life.	God is my Redeemer and He can restore my life and make me fruitful.
EG 4	I don't really have a place in the Body of Christ.	I have a special gift and role to accomplish in the Body of Christ where God has placed me.

F2. When we realise our UGBs, we must **change** them to GBs:

	UGB	GB
EG 5	I feel condemned.	I am un-condemned / blameless in Christ.
EG 6	I am afraid of Satan.	In Christ, I have authority over Satan.
EG 7	Sin overpowers me.	In Christ, I am dead to sin.
EG 8	It's impossible.	All things are possible with God.
EG 9	I can't go on.	God says, "My Grace is sufficient for you".
EG 10	I am afraid / fearful.	God says, "I have not given you a spirit of fear".
EG 11	I am not smart enough.	God says, "I give you wisdom".
EG 12	I am unworthy / unacceptable.	I am accepted / worthy in Christ.
EG 13	I am confused / think I am going crazy.	I have the mind of Christ.
EG 14	I am depressed / hopeless.	I have all the hope I need in Christ.



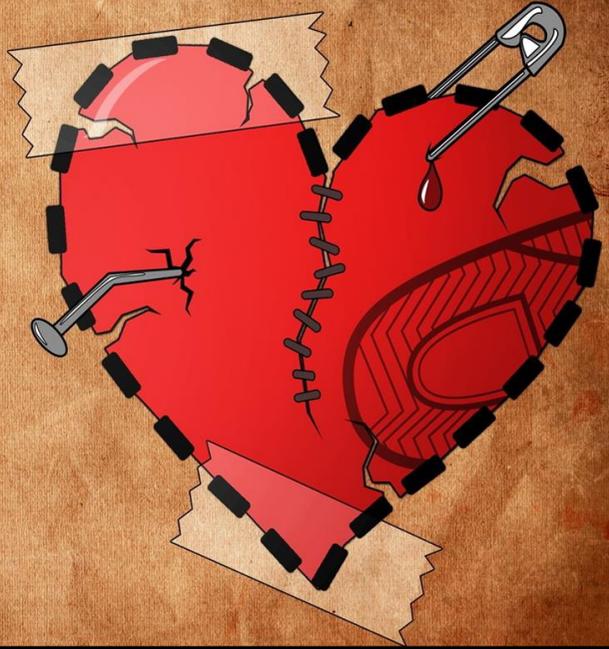
G. When our thoughts are **aligned** with the **Word of God**, we will experience the **Peace** of Christ guarding our hearts and minds (Philippians 4:6-7).

5. How to walk in freedom and victory from UGBs:

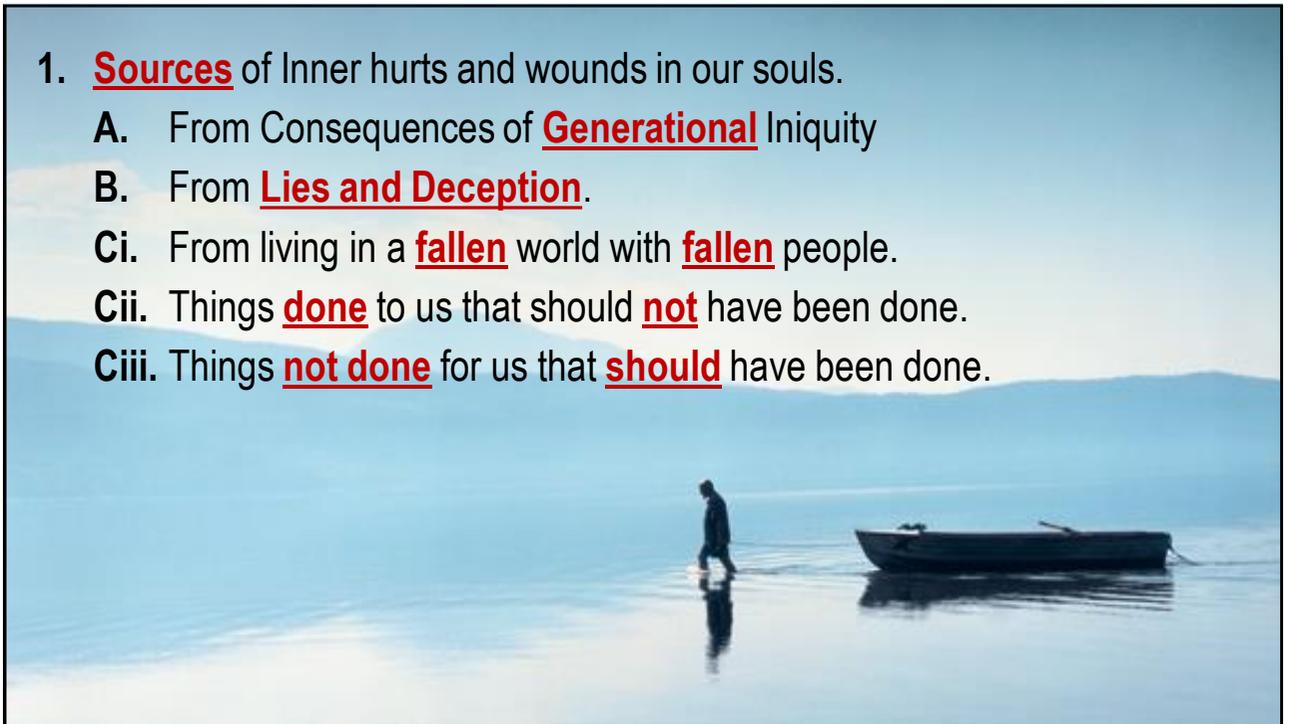
- A. **Confess** our sin of UGBs.
- B. Ask for God's **forgiveness**.
- C. **Forgive** all who influenced you to have UGBs.
- D. Forgive **yourself** for receiving and living out the UGBs.
- E. Cut **soul-ties** with all who influenced you to have the UGBs.
- F. **Renounce** and **break** the power of all UGBs in your life.
- G. **Replace** the UGBs with the corresponding GBs.
- H. Receive the **blessings** of the GBs.
- I. Continually connect with the **Spirit of Truth**.



### III. From Inner Hurts & Wounds in our souls.



1. Sources of Inner hurts and wounds in our souls.
  - A. From Consequences of Generational Iniquity
  - B. From Lies and Deception.
  - Ci. From living in a fallen world with fallen people.
  - Cii. Things done to us that should not have been done.
  - Ciii. Things not done for us that should have been done.



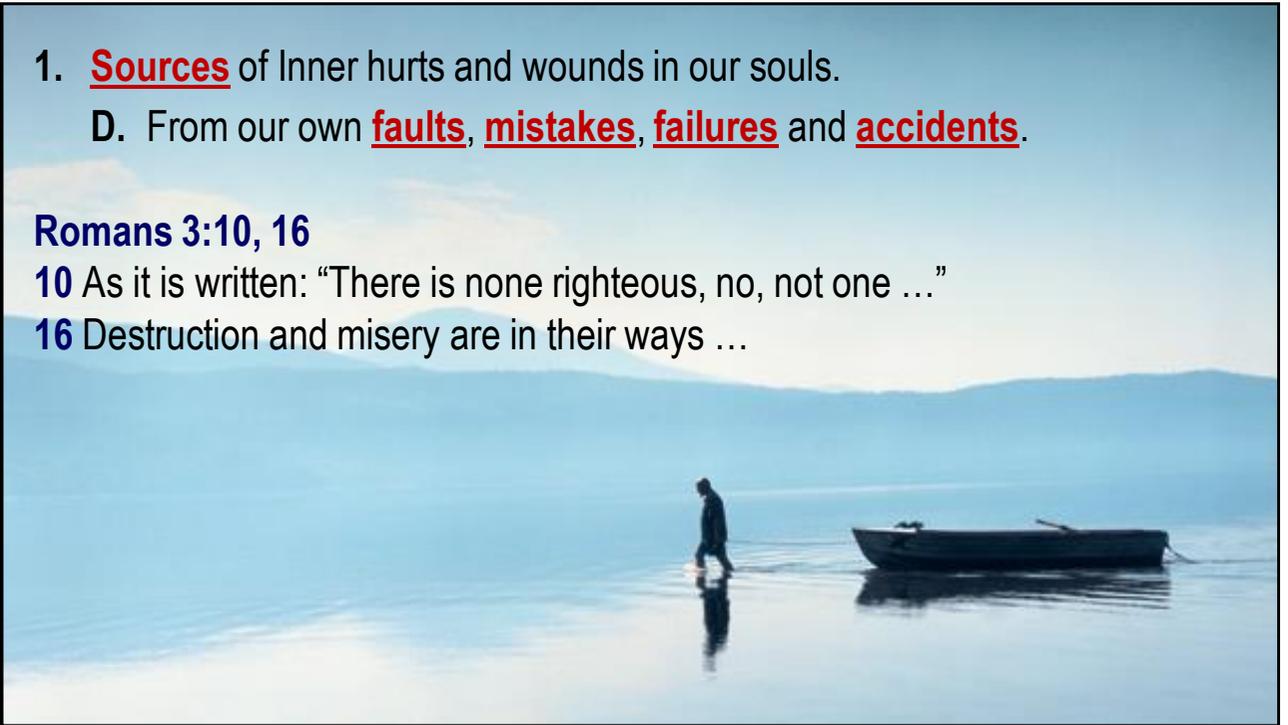
1. **Sources** of Inner hurts and wounds in our souls.

D. From our own **faults**, **mistakes**, **failures** and **accidents**.

**Romans 3:10, 16**

**10** As it is written: "There is none righteous, no, not one ..."

**16** Destruction and misery are in their ways ...



2. The Lord wants to **heal** us.



**Luke 4:18** The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; **He has sent Me to heal the broken-hearted**, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed ...

3. **Obstacles** to being healed.

Possible Blocks / Hindrances

- A. Unable to **forgive**.
- B. **Un-confessed** sins.
- C. Major **fears**.
- D. **Double** thinking.
- E. Certain **medication** affecting thinking and moods.

3. **Obstacles** to being healed.

Possible Blocks / Hindrances

- F. **Anger / Disappointment** with God.
- G. **Demonic** blockage.
- H. **Ignorance** of the Word / Truth that sets us free.
- I. Ungodly **soul-ties**.
- J. Etc.

4. **Steps to healing** our inner hurts and wounds.
  - A. **Acknowledge** the hurt, frustrations, and pain to the Lord.
  - B. Invite the **Holy Spirit** to reveal the **source** of the hurts ...
  - C. **Invite** the Lord Jesus into this memory.
  - D. Invite Him to bring **healing** and **truth**.
  - E. **Break** any agreement with each **UGB** attached to this hurt.
  - F. Apply the **Blood** of Christ to the hurts / wounds.
  - G. Invite the **Holy Spirit** (oil) to soothe and heal the pain.
  - H. Ask **Father-God** to bind up and heal completely the pain-hurt.
  - I. **Thank** the Lord for healing the inner hurts and wounds.



#### IV. Other Weights & Baggage

1. **Unresolved Issues** and **Questions of Life**
2. Struggling with:
  - A. **Stress**
  - B. **Anxieties**
  - C. **Fears**
3. Some **Possessions**
4. Some **Activities**
5. Some **Company** we keep



## Bottom-Line

Matthew 11:28-30

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

29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For My yoke is easy and My burden is light.”

