

Getting into SHAPE - Lesson 3

Hebrews 12:1-2 KJV "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, 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."

So, we learned that we need to:

S - Set our mind.

H - Help our plates.

A - Avoid the junk.

P -

E -

Proverbs 4:14-17

What is junk?

Junk is anything brought into one's life, both body and spirit, that causes harm, either acute or chronic, and is detrimental to one's health. Problem with junk food and so forth is that it taste so good or feels good. Like listening to gossip, it tantalizes your ears. Like watching sinful broadcast it tantalizes your eyes and so forth.

How much junk is dangerous?

1 Corinthians 5:6-8

Galatians 5:9

How do we allow junk to come into our lives?

- We bring it in ourselves. We seek it out - we go looking for it.

James 1:14-15

- We allow someone else to bring it in. When we follow friends or others into sin.

- We are deceived into bringing it in. When we allow Satan to deceive us into yielding to sin.

Proverbs 10:10

Proverbs 26:28

How do we get rid of or prevent the junk from coming in our life?

1. Recognize the contaminant. Recognize it as sin or junk.

Discernment comes from prayer and the Word of God.

1 Kings 3:7-9

James 1:5

Hebrews 5:12-14

2. Guards the entry points.

Job 31:1

Psalms 119:9-11

3. Avoid certain things or places.

Proverbs 4:14-17

4. Replace with what is good.

Luke 11:24-26

5. Look for the escape route.

Luke 11:4

Luke 22:40

Luke 22:46

1 Corinthians 10:13

1 Corinthians 6:18

You need to lay aside any weight that is hindering your walk with the Lord.
You need to repent and turn from any sin in your life.