

## DAY 2 — SHEDDING THE WEIGHT

### Core Value: Prayer

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#### Hebrews 12:1 (CSB)

“Let us lay aside every hindrance and the sin that so easily ensnares us...”

#### Psalm 139:23–24 (CSB)

“Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.”

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### You cannot run free while carrying what God has asked you to release.

Hebrews 12 makes a crucial distinction that many believers overlook. It speaks of **sin that entangles**, but it also speaks of **hindrances**—weights that are not necessarily sinful, yet still dangerous to endurance. In a race, even good things become liabilities when they are carried too long or held too tightly.

We often assume spiritual growth is about adding more—more effort, more discipline, more resolve. But Scripture tells us that endurance often begins with subtraction. Before we are called to run harder, we are called to lay things aside.

This is where prayer becomes essential. Prayer is not merely how we ask God for help—it is how we allow God to reveal what we’ve been carrying. Many of the weights that slow us down remain invisible to us until God exposes them. Busyness, approval-seeking, unprocessed pain, resentment, fear of failure, control—these rarely announce themselves as obstacles. They disguise themselves as responsibility, wisdom, or self-protection.

Psalm 139 gives us language for a kind of prayer that is both courageous and vulnerable: *“Search me.”* This is not the prayer of someone trying to appear righteous. It is the prayer of someone who wants to be free. It invites God to examine motives, not just behavior; attachments, not just actions.

Unaddressed weight does not merely slow us down—it eventually exhausts us. Many believers quit not because they lack faith, but because they are carrying burdens God never asked them to bear. Prayer is where we learn the difference.

To lay something aside is an act of trust. It assumes that God knows the course better than we do—and that freedom is found in obedience, not control.

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## Core Value Practice — Prayer

### Practice examining prayer, not just requesting prayer.

Much of our prayer life focuses on asking God to change our circumstances. Hebrews invites us to let God change *us*—starting with what we carry.

Today’s practice is about **invitation**, not defense.

## Practice Steps

1. Find a quiet place where you won't be interrupted.
2. Slowly pray Psalm 139:23–24 aloud.
3. Sit in silence for two minutes. Don't fill the space. Listen.
4. Ask:
  - What feels heavy in my spiritual life right now?
  - What am I holding onto that may be slowing my obedience?
5. Write down whatever comes to mind—without filtering or fixing.

Resist the urge to justify or explain. The goal is awareness, not immediate resolution.

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## Reflection Questions

1. What is the difference between something that is sinful and something that is simply heavy? Why do you think Scripture addresses both?
  2. Are there good things in your life that may be functioning as spiritual weight right now?
  3. How do you typically respond when God exposes something uncomfortable in prayer—avoidance, justification, or surrender?
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## Daily Action Challenge: Lay one weight down intentionally.

Choose **one** thing God has surfaced today—a habit, attitude, expectation, or fear.

Take a physical step to represent release:

- Write it on a piece of paper and tear it up
- Place it in a box and close the lid
- Speak it aloud to God and physically open your hands

Then pray: “God, I trust You with what I am laying down.”

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## Guided Prayer

God,  
I confess that I often carry what You never asked me to hold. I confuse responsibility with control and endurance with self-reliance. Search me—gently but honestly. Show me what is slowing my obedience and entangling my freedom. Give me courage to release what feels necessary but is no longer life-giving. Teach me to run lighter, freer, and more full dependent on You. Amen.