



**RUNNING THE RACE**  
**What's Holding You Back?**  
**New Year's Message**  
**January 5, 2020**

*"We must get rid of everything that slows us down, especially the sin that just won't let go. And we must be determined to run the race that is ahead of us." Heb. 12:1 (CEV)*

**TO RUN YOUR RACE IN 2020...**

**1. YOU MUST LET GO OF YOUR WORRIES**

*"Worry weighs a person down." Pr. 12:25 (NLT)*

*"Let go of your concerns. Then you will know that I am God. I rule the earth." Psalm 46:10 (GW)*

*"I am worn out by my worries." Psalm 55:2b (TEV)*

*"My awful worries keep growing." Psalm 25:17 (CEV)*

*"Will your worries add a single moment to your life?" Mathew 6:27 (LB)*

*"Give your worries to the Lord, and He will take care of you." Psalm 55:22 (NCV)*

HOW? PRAYER

*"Instead of worrying, pray. Let your petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness... will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life." Philipians 4:6-7 (Msg)*

**2. YOU MUST LET GO OF YOUR WOUNDS**

*"My heart is wounded within me." Psalm 109:22b (NIV)*

*"Let go of anger, and leave your rage behind. Do not be preoccupied. It only leads to evil." Psalm 37:8 (GW)*

*"You are only hurting yourself with your anger." Job 18:4 (TEV)*

HOW? FORGIVENESS

*"Get rid of all bitterness... no more hateful feelings of any sort. Instead... forgive one another, as God has forgiven you through Christ." Ephesians 4:31-32 (TEV)*

*"God heals the brokenhearted and bandages their wounds." Psalm 147:3 (NCV)*

**3. YOU MUST LET GO OF YOUR WRONGS**

*"Your wrongs have separated you from your God, and your sins have made Him hide His face so that He doesn't hear you." Isaiah 59:2 (GW)*

*"When I refused to confess my sin, I was weak and miserable, and I groaned all day long." Psalm 32:3 (NLT)*

*"I know about my wrongs, and I can't forget my sin." Psalm 51:3 (NCV)*

HOW? CONFESSION

*"If we confess our sins, he will forgive our sins... and cleanse us from all the wrongs we have done." 1 John 1:9 (NCV)*

*"God, be merciful to me because You are loving... Wipe out all my wrongs. Wash away all my guilt and make me clean again." Psalm 51:1-2 (NCV)*

*"You (God) will forgive them and put them away; You will wipe out all the wrongs I have done." Job 14:17*