

GOD'S INNER WEIGHT LOSS PROGRAM
August 7, 2022 • Mathew 14:22-33
Dr. Scott Koenigsaecker, Sequim Community Church

INTRODUCTION:

A. Felt weighed down lately? Yes for over two years.....

The Lord lifts up those who are weighed down. — Psalm 146:8

I. GOD REFRESHES US WHEN WE STEP OUT ON FAITH.

Then Ananias went to the house...Placing his hands on Saul, he said, "Brother Saul, the Lord Jesus has sent me so that you may see again and be filled with the Holy Spirit." Immediately, something like scales fell from Saul's eyes and he could see again. — Acts 9:7-18

It was by faith that Abraham obeyed when God called him to leave home and go to another land that God would give him as his inheritance. — Hebrews 11:8

Then the Lord said to Moses, "Why are you crying out to me? Tell the people to get moving! Pick up your staff and raise your hand over the sea. Divide the water so the Israelites can walk through the middle of the sea on dry ground." — Exodus 14:15-16

- Look at God, not your feet.

So Peter went over the side of the boat and walked on the water towards Jesus. But when he saw the strong wind and the waves he was terrified and began to sink. "Save me, Lord!" he shouted. — Matthew 14:29-30

II. SECOND, FEW THINGS LIFT OUR SPIRITS MORE THAN SUCCEEDING.

While Zechariah was in the sanctuary, an angel of the Lord appeared to him... "Don't be afraid, Zechariah! God has heard your prayer. Your wife, Elizabeth, will give you a son, and you are to name him John. You will have great joy and gladness, and many will rejoice at his birth...." — Luke 1:11-14

B. God answers our prayers in three ways:

- Yes, No or Wait

C. God is still in the business of doing miraculous things.

- God does bless us large and small.

III. THIRD, OUR WEIGHT BECOMES LESS WEIGHTY WHEN WE ARE SACRIFICING FOR SOMEONE ELSE WHEN THEIR LIFE IS OVERLY WEIGHTED.

A. Sacrificial service actually fills our souls.

Live a life filled with love, following the example of Christ. He loved us and offered Himself as a sacrifice for us, a pleasing aroma to God. — Ephesians 5:2

B. Sacrificially loving others just has a pleasant aroma about it.

...but if I don't love others, I would have gained nothing...Three things will last forever — faith, hope and love — and the greatest of these is love.

— I Corinthians 13:3, 13

CONCLUSION: