



WHAT'S HOLDING YOU BACK?

The Key to Hope
Rick Warren

"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."

Hebrews 12:1 (CEV)

TO RUN YOUR RACE THIS YEAR . . .

1. YOU MUST LET GO OF YOUR _____

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

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

"I am worn out by my worries." Psalm 55:2 (GNT)

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

"Will your worries add a single moment to your life?" Matthew 6:27 (TLB)

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

HOW? _____

"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 _____

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

"Let go of anger, and leave 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 (GNT)

HOW? _____

"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 (GNT)

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

3. YOU MUST LET GO OF YOUR _____

"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, my body wasted away, 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? _____

"If we confess our sins, he will forgive our sins . . . 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 will forgive them and put them away; you will wipe out all the wrongs I have done." Job 14:17 (GNT)

Next Steps

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email Rick@PastorRick.com for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at Rick@PastorRick.com

Help Daily Hope reach more people with the certain hope of Jesus! Give now at Donate.PastorRick.com