



#7 “Resetting Your Energy” Part 2

1. Let go of emotional weights.

Luke 15:11-27 (NLT) To illustrate the point further, Jesus told them this story: “A man had two sons. The younger son told his father, ‘I want my share of your estate now before you die.’ So his father agreed to divide his wealth between his sons. A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in wild living. About the time his money ran out, a great famine swept over the land, and he began to starve. He persuaded a local farmer to hire him, and the man sent him into his fields to feed the pigs. The young man became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything. When he finally came to his senses, he said to himself, ‘At home even the hired servants have food enough to spare, and here I am dying of hunger! I will go home to my father and say, “Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son. Please take me on as a hired servant.”’ So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. His son said to him, ‘Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.’ But his father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. And kill the calf we have been fattening. We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found.’ So the party began. Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, and he asked one of the servants what was going on. ‘Your brother is back,’ he was told, ‘and your father has killed the fattened calf. We are celebrating because of his safe return.’”

Luke 19:5-9 (NLT) When Jesus came by, he looked up at Zacchaeus and called him by name. “Zacchaeus!” he said. “Quick, come down! I must be a guest in your home today.” Zacchaeus quickly climbed down and took

Jesus to his house in great excitement and joy. But the people were displeased. “He has gone to be the guest of a notorious sinner,” they grumbled. Meanwhile, Zacchaeus stood before the Lord and said, “I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!” Jesus responded, “Salvation has come to this home today, for this man has shown himself to be a true son of Abraham.”

Hebrews 12:1 (NKJV) Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.

Letting go of emotional weights involves:

- Repentance.
- Restoration.
- Release.
- Restitution.

2. Actively engage in life.

Ecclesiastes 11:6 (NLT) Plant your seed in the morning and keep busy all afternoon, for you don’t know if profit will come from one activity or another — or maybe both.

Luke 19:12, 13 (NKJV) Therefore He said: “A certain nobleman went into a far country to receive for himself a kingdom and to return. So he called ten of his servants, delivered to them ten minas, and said to them, ‘Do business till I come.’”

2 Thessalonians 3:6-8 (NLT) And now, dear brothers and sisters, we give you this command in the name of our Lord Jesus Christ: Stay away from all believers who live idle lives and don’t follow the tradition they received from us. For you know that you ought to imitate us. We were not idle when we were with you. We never accepted food from anyone without paying for it. We worked hard day and night so we would not be a burden to any of you.

2 Thessalonians 3:11-13 (NLT) Yet we hear that some of you are living idle lives, refusing to work and meddling in other people’s business. We command such people and urge them in the name of the Lord Jesus Christ to settle down and work to earn their own living. As for the rest of you, dear brothers and sisters, never get tired of doing good.