

**Making 2010 a *Truly* New Year:
Putting Down the Rocks of the Past
Matthew 11:28**

*"Come to me, all you who are weary and burdened,
and I will give you rest."*

You won't experience the blessings of this New Year as long as you're carrying the burdens of the past.

You carry them everywhere you go.

You lose the strength God wants you to use to move forward in your life.

(Philippians 3:13-14) Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

You may have carried them around for so long that you don't know any other way to live.

God invites you to put down the rocks of the past, one at a time.

Resentment of a Wrong I've Suffered

(Colossians 3:13) Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

A Broken Relationship that Needs to Be Restored

(Matthew 18:15) "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over."

A Loss I Haven't Grieved

(John 11:35) Jesus wept.

Failure to Follow Jesus

(Luke 22:31-32) "Simon, Simon, Satan has asked to sift you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."

The Guilt of Unforgiven Sin

(Psalm 38:4) My guilt has overwhelmed me like a burden too heavy to bear.

(Ephesians 1:7) In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.

What heavy rock am I carrying into this new year?

What better time will I have than right now to put it down?