**Gravity** *(Graphic)*

Part 1: **Overcoming Gravity**

The gravity of sin affects us all. We must get lift.

1. The fuel of the Christian life is God’s Word.
2. The oxygen of the Christian life is the Holy Spirit.

When the **Word of God** and the **Spirit of God** combust, it gives you the **lift** to overcome what is pulling you down.

**Leaving the Atmosphere**

Three things to **lift** out of the atmosphere.

1. It requires strict **training**.

(1 Corinthians 9:24-27)

“Do you now know that in a race all the runners run, but only one gets the prize? **Run in such a way as to get the prize**. Everyone who competes in the games goes into **strict training**. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

**Discipleship** is the hardest work of the church.

1. It requires great **speed**.

(Hebrews 12:1)

“Therefore, since we are surrounded by such a great cloud of witnesses**, let us throw off everything that hinders and the sin that so easily entangles**. And let us run with perseverance the raced marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

**Speed increases** as weight and drag **decreases**. **Spiritual growth** increases as the weight of sin **decreases**.

1. It requires lots of **fuel**.

(Galatians 5:7)

“You were running a good race. **Who cut in on you to keep you from obeying the truth**? That kind of persuasion does not come from the one who calls you.”

(Philippians 1:6)

“being confident of this, that he who **began** a good work in you will carry it on to **completion** until the day of Christ Jesus.”

(Jeremiah 17:7-8)

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It **does not fear** when heat comes; its leaves are always green. It has **no worries** in a year of drought and never fails to bear fruit.”

Make **God** your source of **power** to leave behind what’s holding you down.