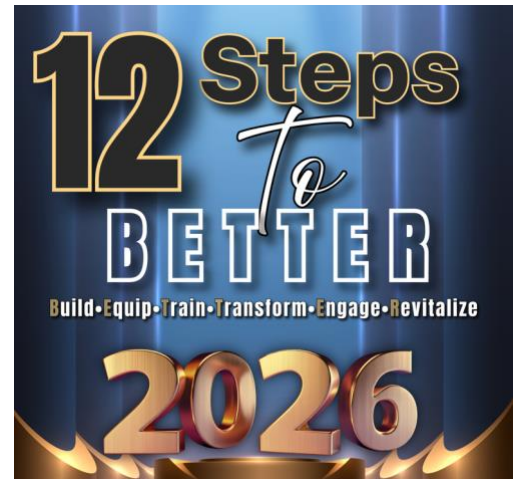


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2026 Is The Year Of B.E.T.T.E.R:

**(BUILDING RELATIONSHIPS, EQUIPPING, TRAINING, TRANSFORMATION,
ENGAGE EVANGELISM, REVITALIZE)**



STEP 7: ENCOUNTER GOD
“STEP ON THE SCALE: TIME TO FACE WHAT’S HEAVY”
Wednesday in the Word
September 16, 2026

Introduction

In the natural, stepping on a scale helps us measure physical weight. Spiritually and emotionally, there are also scales — moments where God invites us to assess what we've been carrying that He never assigned. Unresolved emotional burdens can lead to spiritual stagnation and mental distress. God calls us to rid ourselves of the things that weigh us down so we can live whole, free, and fruitful lives.

Question: *What has been weighing you down spiritually and emotionally?*

I. The Courage to Confront the Weight

“Let’s take a good look at the way we’re living and reorder our lives under God.”

Lamentations 3:40 MSG

A. Self-Examination Is Spiritual Discipline

1. Scripture encourages regular reflection. Like stepping on a scale, it’s not about shame but truth.
2. Avoidance breeds heaviness. Emotional suppression of anger, fear, or shame eventually overflows into behavior.

B. Emotional Honesty Brings Clarity

1. Therapy and prayer both require honest admission.
2. Ask: “What am I carrying that God didn’t give me?”
3. Weight can show up as irritability, fatigue, depression, or avoidance of people and purpose.

II. The Weight of What We Don’t Talk About

“Rid yourselves, therefore, of all malice, and all guile, insincerity, envy, and all slander.”

1 Peter 2:1 NRSV

A. Hidden Sin and Suppressed Pain Become Heavy

1. Spiritual weight isn’t always visible. Pride hides in perfectionism. Bitterness camouflages as sarcasm. Emotional avoidance is costly. Mental health suffers when spiritual wounds are buried instead of healed.

B. Relational Toxicity Adds Emotional Mass

1. Unforgiveness, envy, and deceit corrupt our relationships and peace of mind.
2. Slander and hypocrisy not only weigh down the speaker, but also, poison the soul’s atmosphere.

III. The Freedom of Shedding What's Not Yours to Carry

“It was for this freedom that Christ set us free [completely liberating us]; therefore, keep standing firm and do not be subject again to a yoke of slavery [which you once removed]”
Galatians 5:1 AMP

A. You Can't Run with Excess Baggage

1. Hebrews 12:1 tells us to “lay aside every weight and sin.” To fulfill your calling, you must release what restricts.
2. Pride, guilt, fear, and bitterness don't build— they break and they block.

B. God Offers Strength for Surrender

1. Through the Holy Spirit and healthy support (counseling, community, spiritual guidance), we can rid ourselves of harmful internal baggage.
2. Freedom begins with facing and releasing. Repentance and revelation work hand-in-hand.

Reflection Questions:

1. What emotion or spiritual weight have you been avoiding?
2. Are there names, memories, or moments you need to bring before God and lay down?
3. How can you incorporate regular self-examination into your walk with God?

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