

## Drop Your Excess Bags



**“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”**

**The Apostle Paul | Hebrews 12:1 (NLT)**

### Alive Again!

One of my clients, 6’4”, pushing 300 lbs, posted a shocking picture. Over the 7 years I’ve known him, he’s had multiple back surgeries, cancer, hip replacements... his retirement was not turning out as he envisioned. A dead end it seemed, literally.

Then I get this picture... He’s standing in a grocery store, his long arms struggling to hold 10, 5lb bags of sugar, huge smile across his face. He was reliving what it was like before he’d lost 50 lbs. He’s a new man! In fact, he and his wife feel so good they’re moving to an active lifestyle community in AZ... their adventure is alive again!

## How many extra bags are you carrying?

This is not really a question about body weight (though it could be). What is the extra bag for you... material commitments, debt, addictions, bitterness, time wasting habits, distraction caused by worldly ambition? What has you stopped dead in your tracks? Is it time for the Adventure God Made You For to come alive again?

When you try to carry too much, the extra weight will exhaust you. A backpacker knows full well that an extra pound weighs a lot more after carrying it for 15 miles, even more when you've been reaching for higher peaks.

Could it be that you've been carrying these excesses for so long that they now appear to be essential or a permanent part of you?

A challenging self-assessment can illuminate the presence of extra bags. Find a quiet place and ask these questions:

---

### Coach's Questions:

What is draining my energy? What burden is handcuffing my freedom to move? What would God say I am clinging to that is not one of his priorities?

---

My client carried that extra weight for years and years and it led to illness after illness. The trajectory of his life was down, down, down... miserable! Imagine if he had never challenged the thought that those extra bags were his 'til he died?

*"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble*

*and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” Jesus Christ | Matthew 11:28-30 (NLT)*

Jesus makes a powerful commitment with these words and if you're like me, they'll give you a good feeling... for a little while... then it's back to the real world. It was not until I read this much more slowly and carefully that I noticed the words "Let me teach you..."

We have grown accustomed to our extra bags though they are not good for us. Much like a lion who has been caged all of his life, though the door is wide open, he stays in the cage; we can't know how life will be after we drop our extra bags. We must let Jesus teach us.

## A Hard Cut

As a gardener, I know that often the best prescription to help a plant grow and produce more fruit is to periodically make some hard cuts.

*"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Jesus Christ | John 15:1-4 (NLT)*

Jesus minced no words in making this point. If your adventure is stalling, he's telling you its time to make a hard cut... if you don't, he will.

Jesus, the Word, started the process of cleansing us from our burdens when we accepted him as our Lord and savior. He doesn't stop there. Dedicate a quiet day alone with him, asking him to illuminate the burden that holds you back right now. (You'll want to repeat this process

whenever your adventure stalls out.) He'll show you what you need to release.

When he shows you, your first reaction may be "How could I ever live without X?" Consider this the sign that you're targeting the right thing. Find comfort in knowing that if you engage him in the process of releasing this burden, he will be right there with you all the way, teaching you that his yoke is light!

You'd be surprised by what happens when you make hard cuts; we forget how good it feels to be lighter. Before he lost the weight, my client could not remember how good he felt when he was 50 lbs lighter...it was so long ago he thought he'd have to carry it forever! He could have given up by letting his life continue its spiral into misery. Instead, he made hard cuts... and I know it was really hard! But now, he has a new lease on life, a life he had long forgotten was possible. A whole new world opened up for him.

Once you make hard cuts, you are free to look at life afresh. You can grow again. Watch fresh shoots emerge in your life... You'll come alive again! All you have to do to start the process is...

**...Drop Your Excess Bags.**

## Spirit Talk

Post this where you will see it regularly.

**I'm a slave of God's, so I confidently drop every bag that hinders his mission**

“But now you are free from the power of sin and have become slaves of God. Now you do those things that lead to holiness and result in eternal life.”

The Apostle Paul | Romans 6:22 (NLT)

 Share

 Tweet

 Forward

 Share

## Don't know your Life Mission?

Need a plan for how to move ahead? Engage the Advisor Guided, **Reach New Peaks Workshop**. It will change your life. Guaranteed. Schedule a free consultation on how to start the process:

“

“If one is seeking direction in life and looking forward to new adventures, **this workshop is the perfect trail map** to get you to your destination!”

~ DAN B.  
Life Mission: *Shaping radical existence in the everyday*



## Adventuring with God

Latest Blog Posts



### Testing Genuine

Studies have uncovered that between 30-60% of people admit to plagiarism ranging from stealing concepts, not referencing sources, to full on copying by putting their name on another's work. More than a little shocked when I read this, I... [Keep reading](#)



### No Unfinished Business

Have you ever had a recurring dream? That it's reoccurring makes me look deeper for meaning... it must be really important if my brain keeps trying to process it. Unfinished business I figure.  
One such dream I have is... [Keep reading](#)

[View All Blogs](#)



*Copyright © 2021 Mission Curve Advisors, All rights reserved.*  
You are receiving this email because you opted in via our website.

**Our mailing address is:**  
Mission Curve Advisors  
18160 Cottonwood Rd PMB 440  
Bend, OR 97707-9317

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

