

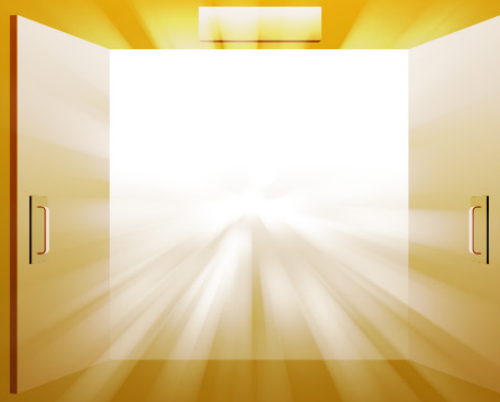
ACTS 1:1-11

# REVEALING THE KINGDOM OF GOD

## Matthew 6:9-13

9 “Pray, then, in this way: ‘Our Father who is in heaven,  
Hallowed be Your name.

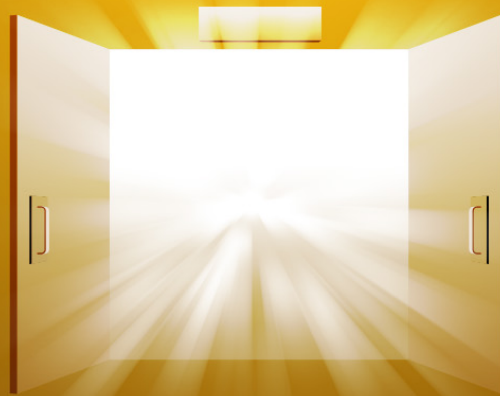
10 ‘Your kingdom come. Your will be done,  
On earth as it is in heaven.



11 'Give us this day our daily bread.

12 'And forgive us our debts, as we also have forgiven our debtors.

13 'And do not lead us into temptation, but deliver us from evil [For Yours is the kingdom and the power and the glory forever. Amen.']



You do not pray  
for something to come if it is already  
here. And Jesus did not say  
“Your Kingdom spread.” He asked us  
to pray that the Kingdom  
will come. To imagine that it has  
already come would be a quick  
way to confuse the Bible story

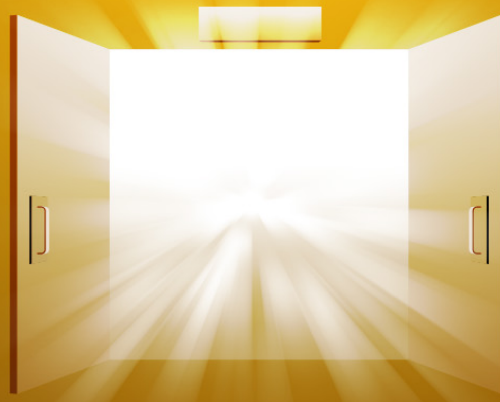


The Kingdom prayer is still the key Christian prayer, and we are still praying for a future event, the coming of the Kingdom in power and glory.



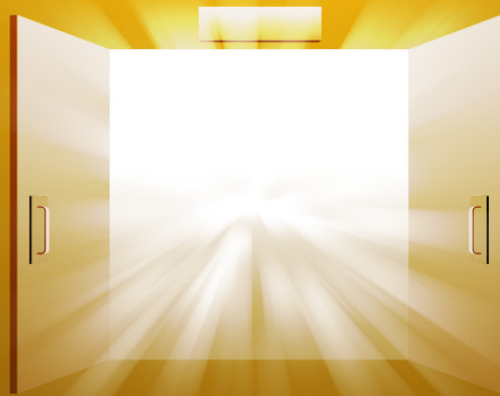


The last words of the Bible echo that passionate longing for Jesus to come back and bring peace on earth (Rev. 22:20).



## Revelation 22:20

20 He who testifies to these things says, “Yes, I am coming quickly.” Amen. Come, Lord Jesus.



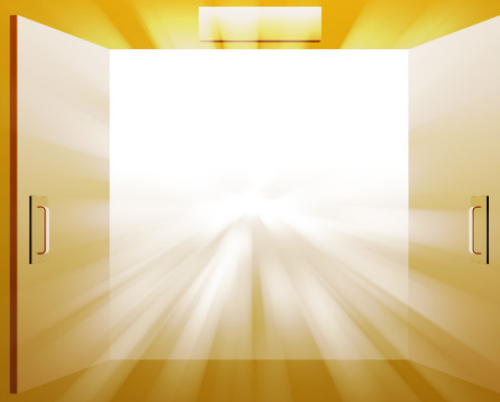
Jesus knew the Old Testament well  
and he knew a passage in  
the prophet Micah (4:7, 8), which  
had just the same coming of the  
Kingdom in mind.



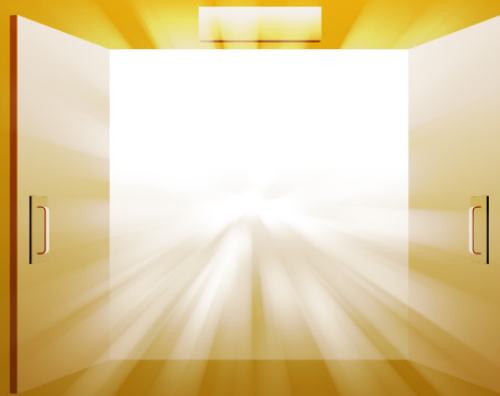


## Micah 4:7-8

7 “I will make the lame a remnant  
And the outcasts a strong nation,  
And the Lord will reign over them in Mount Zion  
From now on and forever.

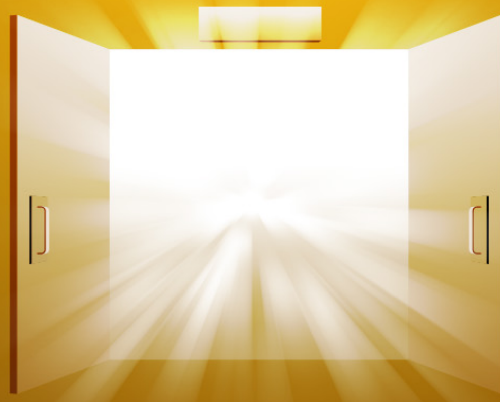


8 “As for you, tower of the flock,  
Hill of the daughter of Zion,  
To you it will come—  
Even the former dominion will come,  
The kingdom of the daughter of Jerusalem.



## Hebrews 2:3

3 how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard,



## Proverbs 10:17

17 Whoever heeds instruction is on  
the path to life,  
but he who rejects reproof leads  
others astray.



## Hebrews 12:1-2

12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every **weight**, and sin which clings so closely, and let us run with endurance the race that is set before us,





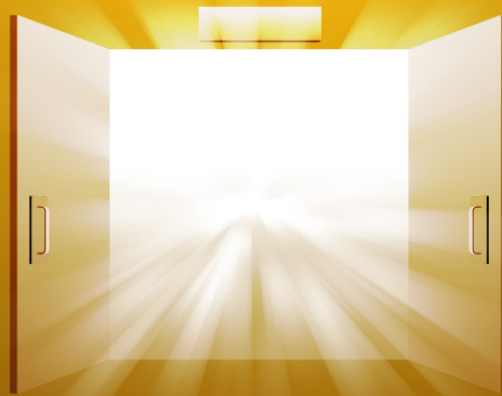
# WHAT IS A WEIGHT?



A weight is anything and everything that slows us down from our prescribed run. The expression "every weight" tells us that weights are manifold; there can be many, and they can be diverse.

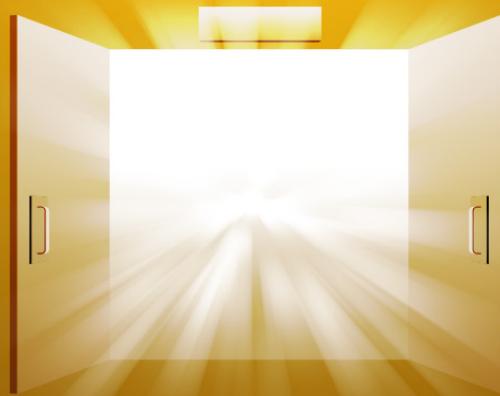


A weight is not necessarily a sin. There are many things we do as Christians that hinder our run even though those things in and of themselves are not wrong. The apostle Paul put it this way: "All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not." (1 Corinthians 10:23)



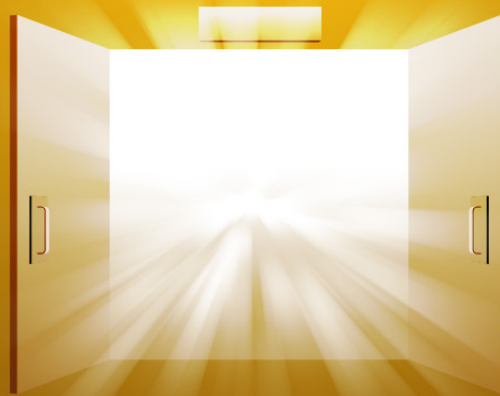
# The weights that slows us down

Like the champions who have gone before us, we aren't perfect either, we all carry a lot of weight with us throughout life that tends to impede our spiritual progress.



## The weight of outright sin

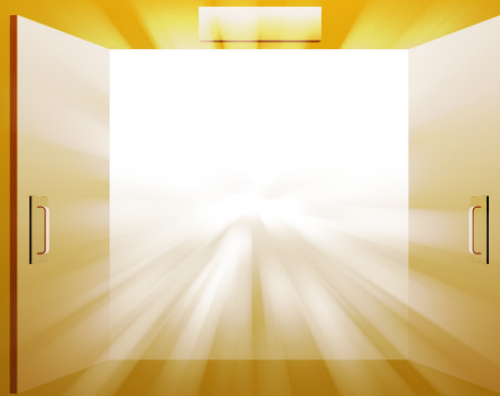
Sometimes that weight is outright sin - things that we know are wrong but we have simply been unwilling to let go of them. Outright sin entangles the feet so that the runner trips and falls, often repeatedly. How many people have you seen get tripped up in their Christian walk over bitterness, lying, envy, idolatry, and sexual sins?





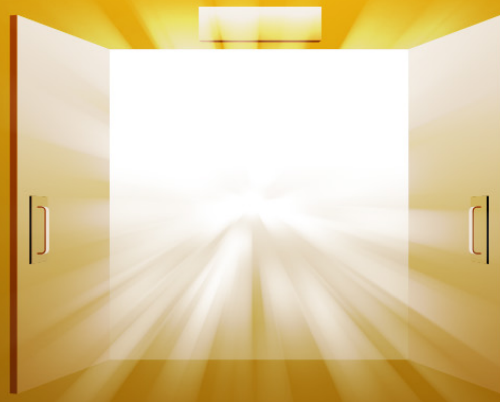
## The weight of besetting sin

Sometimes that weight is besetting sin - things that we have tried to get rid of, but they keep coming back time and again, like a cancer. Memories of past mistakes, bouts with addictions, wrongful habits that we can't break are among the many besetting sins that encumber our advancement

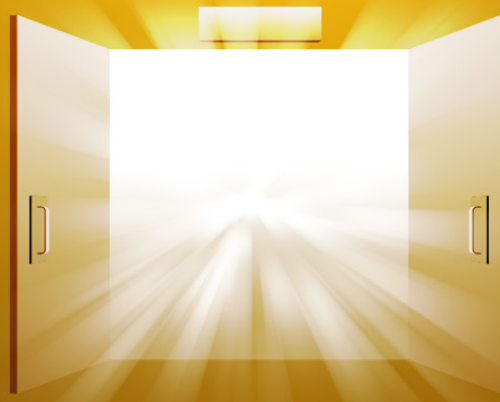


## The weight of distractions

But sin is not the only thing that keeps us from being spiritual champions. Sometimes those weights are things that are not necessarily sinful, but they are distractions that keep us from progressing spiritually. The author of Hebrews also speaks of "laying aside every weight . . . that so easily ensnares us."



These are the many things in life that are not particularly sinful in and of themselves, but they have the potential to become weights that slow us down, hold us back, and impede our progress. They are pursuits like ambition, socializing, decorating, golf, tennis, surfing the web, movies, music, talking on the phone too much, playing too many video games, reading too many unimportant books.



# LOOKING UNTO JESUS



When Jesus faced the lonely cross,  
He had emptied Himself of every  
weight that might have kept Him  
from obeying His Father's will. The  
life of our Lord Jesus Christ is the  
perfect example of one who ran the  
race and won, and He is our  
forerunner.





## Hebrews 6:20

20 where Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek.



## Matthew 11:28-29

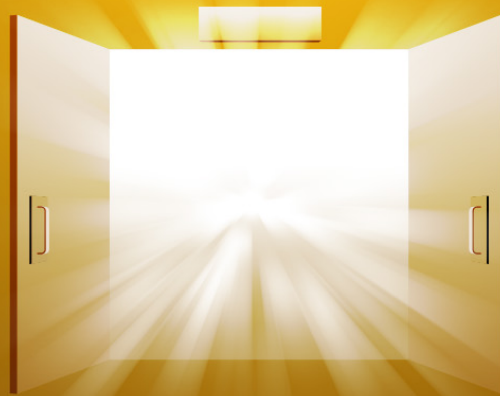
28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.



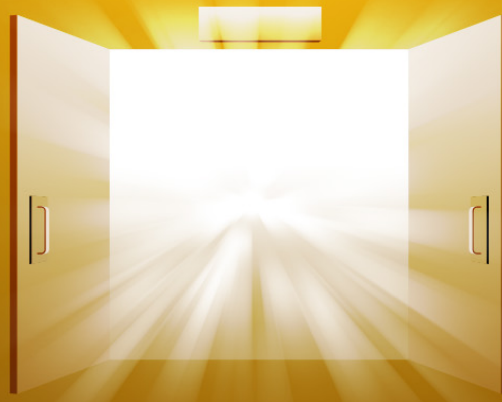
## 1 Corinthians 9:24-26

24 Know ye not that those who run in a race all run, but one receiveth the prize? So run, that ye may obtain it.

25 And every man that striveth for mastery is temperate in all things. Now they do it to obtain a corruptible crown, but we an incorruptible.



26 I therefore so run, but not with uncertainty; I  
so fight, but not as one that beateth the air.



In the race set before you, what would God say is presently keeping you from being the champion he would like you to be?





I was anxious,  
irritable and  
felt insecure.

*I felt so uncomfortable  
and insecure.*

**CHINA:**  
Mainland & *Hong Kong*

The anxiety and  
loneliness inside me  
were growing. I could  
hardly concentrate.

*I felt so lonely... I could  
not sleep well without  
sharing or connecting to  
others.*

I feel like a  
slave to media.

*I sat in my bed and  
stared blankly. I  
had nothing to do.*

*I felt so 'urged' to go  
online... I could barely  
practice self-control.*

The feeling of nothing passed into my heart;  
a slight tension enveloped me.  
I felt like I had lost something important.

Music keeps me focused, like my ADD medication, and I had neither.

I went into absolute panic mode

USA

It felt as though I was being tortured.

I began going crazy.

I felt like a drug addict.

I felt a strong compulsion, as if certain devices were telling me to check my texts and email, or go on Facebook.

My anxiety took over me and I caved in.

I suffered 'withdrawals' and even unconsciously reached out for a calculator which is slightly shaped like my phone.

In short, I believe that I have no  
willpower to be disconnected.

**ARGENTINA**

I feel empty.  
I feel isolated.

I felt 'dead.'

I got lost in  
these 24 hours.

I'm addicted  
to technology.

I felt like I  
was missing  
something.

I felt the  
helplessness of  
not  
communicating.

I find it  
necessary to be  
connected and  
updated all the  
time.

I realized my addiction to media.

I felt as though everything I knew was taken away from me.

**SLOVAKIA**

I hope that I never again have such a day in my life.

I was totally desperate.

I panicked.

I felt a strong feeling of anguish.

Maybe it is unhealthy that I can't be without knowing what people are saying and feeling, where they are, and what's happening.

To be honest I couldn't help it. I broke the promise again.



I had the feeling that my cell was vibrating... I began to search for it and found nothing.

I began to feel distress and despair.

**MEXICO**

The anxiety continued for the rest of the day. Various scenarios came to my head, from kidnappings to extra-terrestrial invasions.

The only thing going through my mind was (voice of psychopath): 'I want Facebook, I want Twitter, I want YouTube, I want TV.'

I felt incomplete.

It was surprising to see how desperate I was. I felt a little pathetic.

Emptiness overwhelmed me.



I feel paralyzed  
– almost  
handicapped in  
my ability to  
live.

Emptiness.  
Emptiness  
overwhelms me.

UK

Unplugging my  
ethernet cable felt  
like turning off a life  
support system.

I am an addict.

Media is my drug.  
Without it I was lost.

My senses  
went numb  
and I felt  
paralyzed.

I had a raised heart  
rate, increased  
anxiety and was  
panicking.

I am addicted to  
social media –  
in particular  
Twitter.

I went to sleep at 8 pm so that I was not tempted to watch TV or listen to music.

## UGANDA

I felt like there was a problem with me.

I was tempted.

I felt so lonely.

I am so dependently tied to various forms of media.

Halfway through the day I felt I could not handle it any more.

I cannot imagine how life can be without using media.

I counted down minute by minute and made sure I did not exceed even a single second more!

This is the one word that sticks in my mind when I think of this whole thing: Isolated.

I couldn't not listen to music. I listened to almost 40 seconds of a song and then I was 'satisfied.'

My dependence on the media is absolutely sickening.

**LEBANON**

I am an addict of Blackberry Messenger.

As soon as I left my phone... I kept looking back. I felt that I needed it at that second.

I kept hearing the sound of my Blackberry messenger ringing over and over in my ears.... It was haunting me!

I didn't realize it would be so isolating.

I felt desperate  
and felt some  
kind of anguish.

My nerves were  
overwhelmed.

**CHILE**

Even in my dreams I  
see myself chatting,  
using Skype, Twitter,  
adding people on  
Facebook.

I felt  
uncomfortable,  
disconnected.

The silence  
was killing me.

I felt lonely.

I went on a  
walk...

I felt the same.

It was a horrible day. I CAN'T LIVE  
WITHOUT MEDIA! I need my social  
network, my cell phone, my Mac, my mp3  
always!