Hung Up on Hang Ups
Hang-Ups:
1.) a source of mental or emotional difficulty, a preoccupation, fixation, or psychological block; a complex.
2.) something that causes you to feel worried, afraid, embarrassed, etc.
An obstacle to smooth progress or development.
A source of annoying difficulty or burden.
Some hang ups are a choice, and some are not.
Hang Ups that are a choice:

alcoholism, drugs, pornography, lust, addictions of any kind anger issues, a lot of these hang ups would fall under the category of “sin issues" for lack of a better term.
Hang Ups you can’t choose:

The home you were born into, no Father, no Mother, physical ailments, health issues, sexual abuse, abuse of any kind, emotional pain, physical pain, things were done to you that you had absolutely no control over. etc.
Luke 2:51-52
51 Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. 52 And Jesus grew in wisdom and stature, and in favor with God and man.
Hebrews 4:14-16 NIV

14 Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
Don’t let the SHAME of your mistakes become hang-ups.
If you do...
You can literally become hung up on your hang-ups. This ultimately leads to a form of suicide.
Matthew 27:1-5 NIV
Early in the morning, all the chief priests and the elders of the people made their plans how to have Jesus executed. 2 So they bound him, led him away and handed him over to Pilate the governor.
3 When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. 4 “I have sinned,” he said, “for I have betrayed innocent blood.”
“What is that to us?” they replied. “That’s your responsibility.”
5 So Judas threw the money into the temple and left. Then he went away and hanged himself.
Take EVERY THOUGHT captive.
2 Corinthians 10:3-5 NIV

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
2 Corinthians 10:3-6 Passion Translation
Although we live in the natural realm, we don’t wage a military campaign with natural weapons; using manipulation to achieve our aims. Instead, our spiritual weapons are energized with divine power to effectively dismantle the defenses behind which people hide. We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture as prisoners of war every thought and insist that it bows in obedience to the Anointed One. And armed with such dynamic weaponry we stand ready to punish any trace of rebellion, as soon as you choose complete obedience.
Don’t hide your **WEAKNESSNESS (hang-ups)**, boast in them.
2 Corinthians 12:5-10 NLT

5 That experience is worth boasting about, but I’m not going to do it. I will boast only about my weaknesses. 6 If I wanted to boast, I would be no fool in doing so, because I would be telling the truth. But I won’t do it, because I don’t want anyone to give me credit beyond what they can see in my life or hear in my message, 7 even though I have received such wonderful revelations from God. So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud.

8 Three different times I begged the Lord to take it away. 9 Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. 10 That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

ESV

9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”
1 Corinthians 1 26-29
26 Remember, dear brothers and sisters, that few of you were wise in the world’s eyes or powerful or wealthy when God called you. 27 Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful. 28 God chose things despised by the world, things counted as nothing at all, and used them to bring to nothing what the world considers important. 29 As a result, no one can ever boast in the presence of God.
2 Samuel 9
1 David asked, “Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan’s sake?”
2 Now there was a servant of Saul’s household named Ziba. They summoned him to appear before David, and the king said to him, “Are you Ziba?” “At your service,” he replied.
3 The king asked, “Is there no one still alive from the house of Saul to whom I can show God’s kindness?” Ziba answered the king, “There is still a son of Jonathan; he is lame in both feet.”
4 “Where is he?” the king asked. Ziba answered, “He is at the house of Makir son of Ammiel in Lo Debar.”
5 So King David had him brought from Lo Debar, from the house of Makir son of Ammiel.
6 When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, “Mephibosheth!” “At your service,” he replies.

7 “Don’t be afraid,” David said to him, “for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.”

8 Mephibosheth bowed down and said, “What is your servant, that you should notice a dead dog like me?”

9 Then the king summoned Ziba, Saul’s steward, and said to him, “I have given your master’s grandson everything that belonged to Saul and his family. You and your sons and your servants are to farm the land for him and bring in the crops, so that your master’s grandson may be provided for. And Mephibosheth, grandson of your master, will always eat at my table.” (Now Ziba had fifteen sons and twenty servants.)

11 Then Ziba said to the king, “Your servant will do whatever my lord the king commands his servant to do.” So Mephibosheth ate at David’s table like one of the king’s sons.

12 Mephibosheth had a young son named Mika, and all the members of Ziba’s household were servants of Mephibosheth. And Mephibosheth lived in Jerusalem, because he always ate at the king’s table; he was lame in both feet.
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