

WHAT'S IN YOUR BAG BAGGAGE SERIES PART 1

BIG IDEA: EVERYONE HAS BAGGAGE, BUT YOU DON'T HAVE TO CARRY IT ALL WITH YOU WHEREVER YOU GO.

- SOME THINGS NEED TO COME WITH US.
- SOME THINGS NEED TO BE LEFT BEHIND.
- AND SOME THINGS JUST NEED TO BE DISPOSED OF FOR GOOD.

WHAT IS BAGGAGE?

"...let us strip off everything that hinders us..." **Hebrews 12:1 (PHILLIPS)**

WHERE DOES THIS BAGGAGE COME FROM?

Spiritual baggage can come from anywhere. But it probably comes to us most often from...

- **Bad experiences**
- **Bad (limiting) beliefs**
- **Bad circumstances**

THREE KINDS OF BAGGAGE PEOPLE CARRY

THE HANDBAG/BACKPACK PERSON

THE CARRY-ON BAG PERSON

THE TRUNK OR SUITCASE PERSON

WHAT KIND OF BAGS ARE YOU CARRYING?

- A deep wound that has never healed
- A broken heart
- A ruined relationship
- A hidden moral mistake
- A character flaw
- An addiction
- Anger problems
- An unwanted pregnancy or abortion
- A critical spirit or an inner criticism
- Feeling unloved
- Overly dependent on others
- Unforgiveness or bitterness
- Loneliness or emptiness
- Out of control thought life
- Some sense of guilt or shame
- Confusion about your sexuality
- Depression or unstable emotions
- Regret
- Fear or worry
- Rejection
- A limiting belief about yourself or God

JESUS CAN HANDLE YOUR BAGGAGE

Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light. **Matthew 11:28-30 (GNT)**

Where the Spirit of the Lord is present, there is freedom. **2 Corinthians 3:17 (GNT)**

CLOSING CHALLENGE: This is a week of preparation. Take time this week to prepare for what God is already willing to do in your life in relation to finding freedom from baggage's.