

What do you carry? What are you dragging? What do you leave behind?

# Baggage Check

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## Baggage Check (Week 1)

**OPENING:** What part of traveling do you like the least?

**INTRODUCTION:** Baggage is an integral part in traveling. Baggage is good. Baggage is meant to help you in your journey and destination. Baggage only becomes bad when we are carrying stuff that we don't need. So the big questions for us today are: Are you bringing the right stuff with you?

Share some lessons you learned from last Sunday's sermon.

According to Pastor's sermon, we need to do two things:

- Do a baggage check. Determine the stuff that we are carrying that should not be a part of the trip.
- Do a baggage chuck. Having unnecessary baggage taken care of by chucking it in.

**BAGGAGE CHECK.** In our baggage check, we learned five major burdens:

**Unsatisfied Expectations** (AKA disappointments). Whatever kind of disappointment, whether it's with yourself, your teacher, your parents, your job, your church, your relationships, or situations—whatever the source of disappointment is, unfulfilled expectations make our hearts sick.

Read Proverbs 13:12. What made your heart sick? What are your unfulfilled expectations?

**Untreated Hurts.** The culprit of untreated hurts is something we learned from our culture and that is "to brush off pain" and say, "I'm fine (I'm OK)" when you're really not. We have learned to tuck our pain away so no one sees it. But when we tuck our pain, it comes out somewhere else—one way or another but no matter how skillful we get at tucking, it will always come out as a baggage.

Read Jeremiah 6:14. Don't offer superficial treatments to your hurts. Can you think of superficial treatments people use? Which of these superficial treatments have you used? Read Psalm 147:3.

**Unsettled Yesterdays.** The reason for unresolved yesterdays is we don't deal with today's issues soon enough. When we don't deal with our problems today, it becomes a part of tomorrow, and the next day, until we realize we have been carrying this baggage for a long time.

Read Ephesians 4:26-27. What happens when we don't address issues soon enough? What does the devil do when we leave an opening?

**Unhealthy View of Self.** A lot of people struggle with this; but quite frankly, a lot of people don't really want to admit it. Most people say: 1. "I will never be good enough" or 2. "I'm too good for this." What could those two statements keep us from?

Read Romans 12:3b in the Message (MSG) Version. How can we view ourselves in a healthy way? What do you think are some outward manifestations of having an unhealthy view of self?

**Unrepented Sin.** Unrepented sin steals away our joy and our vibrancy. It sucks the life out of us. Pastor mentioned two possible reasons why we carry this baggage: 1. Is our inability to believe that God is willing to forgive every single sin we have committed—no matter how great it is! 2. We just don't want to give it up because we enjoy it too much.

Read Psalm 32:3-5. What does confession do to our spirit? What is the difference between confession and repentance?

Read Hebrews 12:1-2.

**BAGGAGE CHUCK.** We can enjoy our trip by carrying only what's necessary—things that could help us in the journey!

Read 2 Corinthians 10:3-5.

- What does *Ochyroma* (okh-oo-roma) mean? Do you remember what Pastor said?
- What do you think these "arguments and pretensions" are?
- Why is it so important to demolish them from our minds?
- How do we break free from strongholds?
- What does Paul command us to do?

Read John 8:32.

### THREE THINGS TO REMEMBER.

- **God still cares for me.** 1 Peter 5:7 (NKJV). Can you think of other baggage not mentioned above that you might be carrying?
- **God can free me.** Romans 8:1-2 (MSG). Why is it so important for God to help us experience freedom?
- **God will restore me.** Psalm 71:20-21 (NLT). What does restore mean? How important is this in fulfilling God's plan for us?

ANNOUNCEMENT:

**SUMMER BAPTISM BASH – July 17.**

If you have received Jesus as Lord and Savior and you want to take your next step of faith, SIGN UP FOR BAPTISM!