



BAGGAGE

Part 3 – Relational Baggage October 21, 2018

(Genesis 11:27-28) This is the account of Terah. Terah became the father of Abram, Nahor and Haran. And Haran became the father of Lot. While his father Terah was still alive, Haran died in Ur of the Chaldeans, in the land of his birth.

(Genesis 11:31-32) Terah took his son Abram, his grandson Lot son of Haran, and his daughter-in-law Sarai, the wife of his son Abram, and together they set out from Ur of the Chaldeans to go to Canaan. But when they came to Haran, they settled there. Terah lived 205 years, and he died in Haran.

Relational Baggage

✓ Keeps us from our _____.

(Psalm 73:21-22a) When my heart was grieved and my spirit embittered, I was senseless and ignorant;

✓ Pollutes our other _____.

(Hebrews 12:15 Ph) ...a bitter spirit is not only bad in itself but can also poison the lives of many others.

- It makes us _____.
- It makes us _____.
- It makes us _____.

✓ Destroys our relationship with _____.

(Mark 11:25 NLT) When you are praying, first forgive anyone you are holding a grudge against so that your Father in heaven will forgive your sins, too.

(Matthew 6:12, 14) Forgive us our debts, as we also have forgiven our debtors... For if you forgive others when they sin against you, your heavenly Father will also forgive you.

The Healing Process

(Psalm 147:3) He heals the brokenhearted and binds up their wounds.

(2 Corinthians 10:3-5) For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

1. _____ the hurt.

(Psalm 32:3) When I kept silent, my bones wasted away through my groaning all day long.

(Psalm 39:2) But when I was silent and still, not even saying anything good, my anguish increased.

2. _____ the people involved.

(Matthew 18:21, 22) Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

(1 Peter 2:23) When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly.

3. _____ on God's plan for my life.

(Genesis 50:19-20a) Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done,

(Job 11:13, 15-16 GN) Put your heart right, reach out to God. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.



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Relational Baggage

✓ Keeps us from our potential.

(Psalm 73:21-22a) When my heart was grieved and my spirit embittered, I was senseless and ignorant;

✓ Pollutes our other relationships.

(Hebrews 12:15 Ph) ...a bitter spirit is not only bad in itself but can also poison the lives of many others.

- It makes us defensive.
- It makes us distant.
- It makes us demanding.

✓ Destroys our relationship with God.

(Mark 11:25 NLT) When you are praying, first forgive anyone you are holding a grudge against so that your Father in heaven will forgive your sins, too.

(Matthew 6:12, 14) Forgive us our debts, as we also have forgiven our debtors... For if you forgive others when they sin against you, your heavenly Father will also forgive you.

The Healing Process

(Psalm 147:3) He heals the brokenhearted and binds up their wounds.

(2 Corinthians 10:3-5) For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

1. Reveal the hurt.

(Psalm 32:3) When I kept silent, my bones wasted away through my groaning all day long.

(Psalm 39:2) But when I was silent and still, not even saying anything good, my anguish increased.

2. Release the people involved.

(Matthew 18:21, 22) Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

(1 Peter 2:23) When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly.

3. Refocus on God's plan for my life.

(Genesis 50:19-20a) Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done,

(Job 11:13, 15-16 GN) Put your heart right, reach out to God. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.