

Baggage

What's Weighing You Down And Impeding Your Progress

Session 1

Matthew 11:28-29 NKJV Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.

In these sessions we are going to talk about “baggage”, things in your life that weigh you down and impede your spiritual progress. We all have baggage. We begin collecting baggage at a very young age. As we travel through life we continue to pick up more baggage until we are weighted down.

Our baggage may include:

- o Loss

- o Depression
- o Anxiety
- o Rejection
- o Low Self-esteem
- o Abuse
- o Shame
- o Anger
- o Comparison syndrome
- o Feelings of never being good enough

Baggage may come from various people or circumstances.

The Danger of Carrying too much Baggage

If you continue to carry all this baggage it will affect:

- o Your mental health
- o Your relationships
- o Your future
- o Your spiritual growth

Baggage will block your progress in life AND COULD ULTIMATELY
MAKE YOU BITTER...

*Hebrews 12:15 Looking carefully lest anyone fall short of the
grace of God; lest any root of bitterness springing up cause
trouble and by this many become defiled.*

“Looking Carefully” – pay careful attention.

We must be diligent.

*We must pay attention to our emotions and catch bitterness
before it has time to take root.*

“fall short of the grace of God” – fail to secure the spiritual and
natural blessings that are the result of God’s grace.

Bitterness Defined: Bitterness is a brooding anger over that
which has happened in your life.

Bitterness defiles; divides; deceives; depresses; distracts;
destroys

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The Problem with Roots

Roots are hidden below the soil, so they are often overlooked. Bitterness has hidden roots but will choke the life out of you emotionally and spiritually...and hinder your progress.

ROOTS ARE HIDDEN! You can't see the root system of plants because they are hidden from view under the ground. **When weeding your garden, you must be careful to get the root of the weed, or it will return. SO IT IS WITH BITTERNESS, YOU MUST FIND THE ROOT!!!!**

A root of bitterness begins an unresolved hurt or problem in the soil of your heart. Key word: UNRESOLVED...

Its roots entwine themselves around your emotion and mind until they choke the life out of you emotionally and spiritually. If allowed to grow unchecked, this root in your life will literally

come to dominate your very existence. You will become ... not just a hurt or angry person... but a bitter person.

The Origin of Bitterness

- o Great Loss
- o Great injury (physically or emotionally)
- o Great lack
- o Great failure

If you sense bitterness in your heart, what should you do?

1. Ask God to show you the “seed” that caused your bitterness (Psalm 139:23-24 *Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me and lead me in the way everlasting*).
2. **Don't rehearse your bitterness.** When something is causing bitterness on the inside, it affects our conversations. Talking about your situation often makes it bigger inside you. **Don't talk about your problem, talk about your God who has the power to heal and restore. FIND A PROMISE IN THE WORD TO COUNTERACT YOUR BITTERNESS.**

3. Take your burdens and pain to the Lord. He wants to help you overcome every heartache. (*Matthew 11:28-29 NKJV*
Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.)

- o Ask God to help you give Him your baggage and pick up your destiny.
- o Refuse to embrace the negatives of your life that can cause bitterness.
- o Choose to forgive and release the anger you feel toward those who have hurt you.

In these sessions we are going to help you take these important steps to get rid of your baggage

- o by allowing Jesus to take that heavy weight and
- o by teaching you to rest in God's love and power to restore.

So, get ready for a journey of Love and freedom from weights and hinderances.