



## Checked Baggage

### Announcements

Women's Night with Priscilla Shirer – Tuesday, September 21, at 7 pm

Biblical Foundations – Started September 13, not too late to register

Men's Golf Tournament – Friday, September 17<sup>th</sup> (register at [www.churchoftheking.com](http://www.churchoftheking.com))

Altar Ministry Prayer Training – Saturday, September 18, at 9 am

### Warm-up

Have you ever gone on a trip and realized you have taken too much baggage with you? What did you think the reason was in your decision to do so? What affect did it have on your trip?

### The Word

- As a Christian, how does carrying baggage affect the way we live?

We looked at four examples of the kinds of baggage God wants us to deal with:

1. Unfulfilled expectations (Proverbs 13:12)
2. Untreated pain (Jeremiah 6:14)
3. Unhealthy view of self (Romans 12:3 Message)
4. Unrepented sin (Psalm 32:3-4)

- Which one of these types of baggage do you find the most challenging in your life?

According to 2 Corinthians 10:3-4 the baggage we carry is based on a lie (stronghold) either from ourselves or from the enemy of God. God wants us to know that we don't have to live with them and that the truth about Him will set you free.

**Read 2 Corinthians 10:5; Romans 12:2; Ephesians 4:22-23; John 8:32**

According to these verses, what do you think is the best way to get rid of your excess baggage?

Let's continue our discussion by looking at more ways God wants to free us from excess baggage:

**Read John 3:16-17; Romans 8:1-2; Psalm 71:20**

- What does this tell us about how much God loves us?
- How does knowing that God loves us, free us, and restores you allow you to live a life free from excess baggage?

No longer do we have to carry excess baggage that weighs our lives down. God desires that we are free and able to fulfill all He has for us to experience. He wants us to fully understand His provision for providing a way for us to be rid of the excess baggage for good.

## Prayer

Pray that each group member would seek to accept all that God has done for him or her to be relieved of baggage in their life. Take time to pray for the needs of the people at your group.