Baggage
Part 4 Relational Baggage
October 11, 2026

Hebrews 12:1 (NKJV) Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.

Matthew 24:10 (NKJV) [10]And then many will be offended, will betray one another, and will hate one another.

Luke 17:1 (NKJV) [1]Then He said to the disciples, "It is impossible that no offenses should come...

Caught In a Trap

Proverbs 18:19 (NIV) [19]A brother wronged is more unyielding than a fortified city; disputes are like the barred gates of a citadel.

√ Keeps us from our _____.

Psalm 73:21–22 (NIV) [21]When my heart was grieved and my spirit embittered, [22]I was senseless and ignorant...

√ Pollutes our other _____.

Hebrews 12:15 (Phillips) "...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 _____.

Matthew 6:15 (NIV) [15]But if you do not forgive others their sins, your Father will not forgive your sins.

The Healing Process

Proverbs 19:11 (NIV) [11]A person's wisdom yields patience; it is to one's glory to overlook an offense.

2 Corinthians 10:3–5 (NIV) [3]For though we live in the world, we do not wage war as the world does. [4]The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. [5]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. _____ God to heal my heart.

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

2. _____ a _____.

√ _____ them.

Matthew 5:43–44 (NIV) [43]"You have heard that it was said, 'Love your neighbor and hate your enemy.' [44]But I tell you, love your enemies and pray for those who persecute you.

√ _____ them

Luke 6:27–28 (NIV) [27]"But to you who are listening I say: Love your enemies, do good to those who hate you, [28]bless those who curse you, pray for those who mistreat you.

√ _____ them.

Romans 12:17–21 (NIV) [17]Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. [18]If it is possible, as far as it depends on you, live at peace with everyone. [19]Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. [20]On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." [21]Do not be overcome by evil, but overcome evil with good.

3. _____ to follow God's example.

Ephesians 4:31-32 (NIV) Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

The _____ forgive.

Matthew 6:12–15 (NIV) [12]And forgive us our debts, as we have forgiven our debtors. [14]For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

What did I hear God say to me today? _____

What will I do with what I heard today? _____

Who will I share what I heard today with? _____