Baggage
Part 2 The Baggage of Guilt
September 27, 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.

The Baggage of Guilt

Psalm 38:3–4 (NLT) My health is broken because of my sins. 4My guilt overwhelms me— it is a burden too heavy to bear.

Guilt demands either _____ or _____.

√ _____ our sin.

Genesis 3:7 (NIV) 7Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

√ _____ from _____.

Genesis 3:8 (NIV) 8Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.

√ _____ ourselves.

Psalm 49:7–9 (NLT) 7They cannot redeem themselves from death by paying a ransom to God. 8Redemption does not come so easily, for no one can ever pay enough.

Romans 8:5–6 (MSG) 5Those who think they can do it on their own end up obsessed with measuring their own moral muscle but never get around to exercising it in real life...Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.

Righteousness Consciousness

Righteousness Consciousness is the settled conviction that you're right with God through Christ, and this rightness is both your legal standing and your spiritual reality—not something you achieve, but something you receive and live from.

I am _____ because of _____.

Ephesians 1:7 (NIV) 7In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.

1 John 1:7 (NIV) ...and the blood of Jesus, his Son, purifies us from all sin.

Romans 8:1 (NLT) 1So now there is no condemnation for those who belong to Christ Jesus.

2 Corinthians 5:21 (NIV) 21God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

John 8:36 (NIV) 36So if the Son sets you free, you will be free indeed.

Living Guilt Free

1. I will _____ my life in God's _____.

1 John 4:16–17 (TLB)16We know how much God loves us because we have felt his love and because we believe him when he tells us that he loves us dearly. God is love, and anyone who lives in love is living with God and God is living in him. 17And as we live with Christ, our love grows more perfect and complete; so we will not be ashamed and embarrassed at the day of judgment, but can face him with confidence and joy because he loves us and we love him too.

2. I will _____ of my _____.

Isaiah 30:15 (NIV) "In repentance and rest is your salvation, in quietness and trust is your strength.

1 John 1:9 (NIV) 9If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

3. I will _____ my new _____ in Jesus.

2 Corinthians 5:17 (NLT) Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Romans 6:2–5 (TLB) When we became Christians and were baptized to become a part of Jesus Christ; through his death the power of your sinful nature was shattered. 4Your old sin-loving nature was buried with him by baptism when he died; and when God the Father, with glorious power, brought him back to life again, you were given his wonderful new life to enjoy. For you have become a part of him, and so you died with him, so to speak, when he died; and now you share his new life and shall rise as he did.

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? _____

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