Baggage
Part 1 Checked Baggage
September 20, 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.

Baggage

√ Unfulfilled _____

Proverbs 13:12 (NIV) [12]Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

√ Untreated _____

Jeremiah 6:14 (NIV) [14]They dress the wound of my people as though it were not serious. 'Peace, peace,' they say, when there is no peace.

√ Unresolved _____

Ephesians 4:26–27 (TLB) [26]If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; [27]for when you are angry, you give a mighty foothold to the devil.

√ Unhealthy _____

Romans 12:3 (MSG) [3]The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.

√ Unrepented _____

Psalm 32:3–6 (TLB) [3]There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. [4]All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day. Selah"

Check Your Baggage

2 Corinthians 10:3–4 (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.

Stronghold (Ochyromoa): A prison built _____.

2 Corinthians 10:5 (NIV) [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.

Romans 12:2 (NIV) Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

John 8:31–32 (NKJV) [31]Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. [32]And you shall know the truth, and the truth shall make you free."

Three Truths

1. God still _____.

John 3:16–17 (MSG) [16]"This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. [17]God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help.

2. God can _____.

Romans 8:1–2 (MSG) [1]With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud. [2]A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.

3. God will _____.

Psalm 71:20 (NIV) You will restore my life again; from the depths of the earth you will again bring me up.

Matthew 11:28 (NLT) [28]Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

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? _____