Baggage
Part 5 The Bag That Won't Let Go
October 18, 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 Bag that Won't Let Go

Romans 7:15 (NLT) 15I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

Romans 7:21–24 (NIV) 21So I find this law at work: Although I want to do good, evil is right there with me. 22For in my inner being I delight in God's law; 23but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24What a wretched man I am!

Romans 7:24–25 (MSG) 24I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question? 25The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Romans 8:1–2 (NIV) 1Therefore, there is now no condemnation for those who are in Christ Jesus, 2because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Breaking Free

Romans 6:14 (NLT) 14Sin is no longer your master... Instead, you live under the freedom of God's grace.

Titus 2:11–12 (NIV) 11For the grace of God has appeared that offers salvation to all people. 12It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

1. Stop the _____.

Philippians 4:13 (NLT) 13I can do everything through Christ, who gives me strength.

2. Say no to the _____.

√ Wrong _____

1 Corinthians 15:33–34 (NIV) 33Do not be misled: "Bad company corrupts good character." 34Come back to your senses as you ought, and stop sinning...

√ _____

Matthew 18:7-9 (TLB) Temptation to do wrong is inevitable...8So if your hand or foot causes you to sin, cut it off and throw it away. Better to enter heaven crippled than to be in hell with both of your hands and feet. 9And if your eye causes you to sin, gouge it out and throw it away. Better to enter heaven with one eye than to be in hell with two.
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.

3. Start new _____.

Philippians 2:12–13 (TLB) You must be even more careful to do the good things that result from being saved, obeying God with deep reverence, shrinking back from all that might displease him. 13For God is at work within you, helping you want to obey him, and then helping you do what he wants.

√ Read God's _____.

Ephesians 5:25–26 (NLT) Christ loved the church. He gave up his life for her 26to make her holy and clean, washed by the cleansing of God's word.

√ _____ what you _____.

James 1:25 (NIV) 25But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

√ _____

Hebrews 4:15–16 (NLT) 15This High Priest *(Jesus)*of ours understands our weaknesses, for he faced all of the same temptations we do, yet he did not sin. 16So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

√ Make yourself _____ to someone else.

Proverbs 28:13 (NIV) 13Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

James 5:16 (NIV) 16Therefore confess your sins to each other and pray for each other so that you may be healed.

√ Serve in _____

Galatians 5:13 (MSG) 13It is absolutely clear that God has called you to a free life...use your freedom to serve one another in love; that's how freedom grows.

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? _____