

Getting Rid of Relational Baggage

Genesis 11:27–28 NLT. *This is the account of Terah’s family. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. ²⁸ But Haran died in Ur of the Chaldeans, the land of his birth, while his father, Terah, was still living.*

Genesis 11:31–32 NLT. *One day Terah took his son Abram, his daughter-in-law Sarai (his son Abram’s wife), and his grandson Lot (his son Haran’s child) and moved away from Ur of the Chaldeans. He was headed for the land of Canaan, but they stopped at Haran and settled there. ³² Terah lived for 205 years and died while still in Haran.*

✓ Relational baggage keeps us from _____

Psalm 73:21–22 NLT *Then I realized that my heart was bitter, and I was all torn up inside. ²² I was so foolish and ignorant— I must have seemed like a senseless animal to you.*

✓ Relational baggage pollutes _____

Hebrews 12:15 The Living Bible *Look after each other so that not one of you will fail to find God’s best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.*

✓ It makes us _____

✓ It makes us _____

✓ It makes us _____

Relational baggage destroys our _____

Mark 11:25 NLT *But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”*

Matthew 6:12 NLT *and forgive us our sins, as we have forgiven those who sin against us.*

Matthew 6:14 NLT. *“If you forgive those who sin against you, your heavenly Father will forgive you.*

Putting Down the Bags

Psalm 147:3 NLT *He heals the brokenhearted and bandages their wounds.*

2 Corinthians 10:3–5 NLT *We are human, but we don’t wage war as humans do. ⁴ We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. ⁵ We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.*

1. _____ the hurt.

Psalm 32:3 NIV84. *When I kept silent, my bones wasted away through my groaning all day long.*

Psalm 39:2 NLT *But as I stood there in silence— not even speaking of good things— the turmoil within me grew worse.*

2. _____ the people involved

Matthew 18:21–22 NLT *Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” ²² “No, not seven times,” Jesus replied, “but seventy times seven!*

1 Peter 2:23 NLT *He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.*

3. _____ on God’s plan for my life.

Genesis 50:19–20 NLT *But Joseph replied, “Don’t be afraid of me. Am I God, that I can punish you?”²⁰ You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.*

Job 11:13–16 GNB *Put your heart right, Job. Reach out to God.¹⁴ Put away evil and wrong from your home.¹⁵ Then face the world again, firm and courageous.¹⁶ Then all your troubles will fade from your memory, like floods that are past and remembered no more.*