

3. I Become A _____.

Jesus meets a Clinger.

John 4:17-18 (NIV)

¹⁷ "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

We have a lot of unhealthy people dating, getting married and some are already married.

How To Move Forward and Let Go Of Emotional Baggage:

1. Accept what

_____.

2. Play it down and

_____.

Matthew 5:4 (NIV)

⁴ Blessed are those who mourn, for they will be comforted.

3. Focus on what's

_____.

Isaiah 61:3 (NIV)

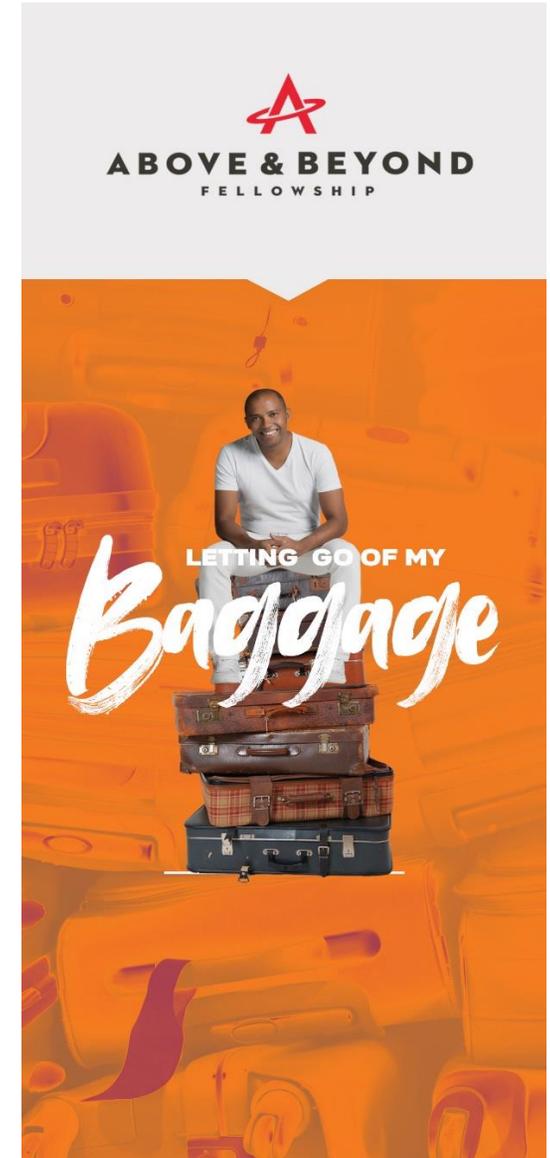
³ "To all who mourn... he will give beauty for ashes; joy instead of mourning; praise instead of heaviness."

To Have Emotional Stability:

1. I Must Let Go of My _____.
2. I Must Let Go of My _____.
3. I Must Let Go of My _____.

Ephesians 4:31-32 (NIV)

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



SUNDAY
APRIL 15, 2018

Pastor
William J. Lindsey, D.Min.

Baggage Check

Part 2 of 3 from the series
"Letting Go Of My Baggage"

Sunday April 15, 2018

Pastor William J. Lindsey, D.Min.

Ephesians 4:31 New International Version (NIV)

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

One of the most hurtful emotional pains a person can experience is _____.

Psalm 147:3 (NIV)

³ He (God) heals the brokenhearted and binds up their wounds.

Emotionally Damaged People Fall into One of the Three Baggage Traps:

1. I Become A _____.

1 Samuel 15:24 (NIV)

²⁴ Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the people and so I gave in to them.

Romans 12:2 (NIV)

² Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

2. I Become a _____.

Luke 10:38-40 (NIV)

³⁸As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

Martha was trying to perform: Maybe if I work hard, and really perform maybe Jesus will accept me.

Many of you feel like you are not good enough. So you work your buns off trying to perform to prove something.

In school you had to make good grades to be accepted by your parents, B felt like a F. Maybe when you play sports you perform to impress your Coach, maybe in the band, or the choir.

Now you are grown and you are still performing. You are trying to please your boss, your husband, your wife, or maybe you are trying to be the perfect parent. STOP!

PLEASE PEOPLE AND LIVE FOR AN AUDIENCE OF ONE.

You feel like you do not measure up.

The third trap is you feel like you aren't worthy.