

BAGGAGE HANDLING

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Managing Our Emotional Load

Hebrews 12:1-2 KJV

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

POINT 1: RECOGNIZE WHAT YOU'RE CARRYING

Scriptural Support:

Psalms 139:23-24 NIV

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Commentary:

Just like an airline worker weighs your luggage to ensure it meets the requirements, we need to take a moment to recognize the emotional baggage we're carrying.

It's crucial to examine our hearts and minds honestly. Are you lugging around anxiety, resentment, or fear? Each of us has our struggles—some visible and some hidden.

Acknowledging the weight of these emotions is the first step to managing them. Let's not ignore our emotional state; instead, let's embrace it and understand how it affects our journey.

POINT 2: RELIEVE WHAT YOU'RE CARRYING

Scriptural Support:

Ephesians 4:31 KJV

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

Commentary:

Just as an airline worker might ask you to shift items between bags or remove things altogether, we need to prioritize our emotional baggage.

What's weighing you down? Sometimes, we have to let go of toxic relationships, negative thoughts, or even old grudges that no longer serve us.

It's essential to make space for what truly matters and get rid of what holds us back. Just like at the airport, this can be tough, but lightening our load empowers us to soar higher.

POINT 3: RELEASE WHAT YOU CARRY

Scriptural Support:

1 Peter 5:7 NIV

Cast all your anxiety on him because he cares for you.

Commentary:

When you're flying, there comes a moment when you hand over your oversized luggage to the airline. This act symbolizes our need to release our emotional burdens into God's capable hands. He's ready to take on the weight we can't bear alone.

It's a powerful moment of surrender, trusting that God is equipped to handle our struggles. Let's not carry that baggage any longer; instead, let's consciously release it, knowing God cares deeply for us and wants to lighten our load.

