



It's Complicated Part 3 *Baggage*

LifeGroup Discussion Guide
for the week of 3/20/2022

- [1] What does it mean to have baggage? Where does it come from?

- [2] How does “baggage” impact our relationships?

- [3] Do you see yourself repeating learned behavior from past relationships in your current relationships? How is your behavior affecting those around you?

- [4] What do you seem to be struggling with the most: Fear, Guilt, Regret, Anger or Negativity? How is it effecting the way you see yourself in your relationship with God?

- [5] How have you tried to deal with you fear, guilt, regret, anger or negativity? On a scale of 1-10 with 10 being very successful in overcoming your baggage how would you rate yourself? Why?

- [6] How might changing our thinking help us let go of some of the baggage we have been carrying around?

- [7] Pastor Rich shared some scripture to help us change our thinking: 2 Timothy 1:17 (sound mind) for fear, Romans 8:1 (no condemnation) for guilt, Romans 8:28 (grace) for regret, Philippians 1:6 (acceptance) for anger and Ephesians 3:20 (possibility) for negativity. Which Scripture did you relate to the most? Why? How do you see it giving you guidance in letting go of your baggage?

- [8] Can grieving our losses help as well? What are your thoughts?

- [9] Sometimes we need help unpacking our baggage and examining each item in our suitcase to find healing. In what ways do you see others as part of the process of letting go of our baggage?