

# BAGGAGE CLAIM





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## Week 1: Introduction

### 1. DEFINING BAGGAGE

- Something you pack things into.
- Not everyone has the same sized bag because not everyone has the same amount of baggage

### DICTIONARY DEFINITION

- Suitcase, trunk, personal belongings, luggage, bags
- Things, objects, circumstances, experiences, and beliefs that get in the way.

### FOUR KINDS OF BAGGAGE

#### 1. THE HANDBAG PERSON

1. Things you have packed into your life that are a nuisance, but manageable. This bag is mobile.
2. Instead of dropping the bag, you build your life around it, carrying it into your work, your relationships, and your church.

#### 2. THE CARRY-ON BAG PERSON

1. Things you have packed for special seasons of life and special events.
2. This baggage comes out at times when it may be inconvenient, or unforeseen.
3. Things in life that have never been brought to a closure.



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### **3. THE SUITCASE PERSON**

1. Things you have packed for a getaway and escape from reality, hoping to not bring them back.
2. Pack up feelings and emotions and leave to get away from it all.

### **4. THE TRUNK PERSON**

1. Things you have put into your life trunk, locked, and have put into the attic.
2. Significant events in life that bring to memory again the things that were locked away and kept hidden.

**WHAT EXCESS BAGGAGE ARE YOU CARRYING?**

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## ADDITIONAL RESOURCES

Book Recommendation

Music Recommendation



**UNASHAMED:** *Drop the Baggage, Pick Up Your Freedom*  
by Christine Caine



**All IN:**  
by Matthew West

Film Recommendation

