

## **Summer - Baggage Check**

Summer - traveling, fishing, travel, try new restaurants, picnics, beach, camps and parks, BBQ's, family and friends.

What weight are you carrying that prevents you from enjoying the fullness of God?

Baggage - past experiences, ideas, or burdens that are mental, spiritual, emotional impediments to our lives.

**Hebrews 12:1-2** 1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

### **WHAT TO DO WHEN YOU FEEL OVERWHELMED:**

1. **Unplug** – always looking for more. Staying busy. #nodaysoff #notimeforsleep. You need rest. Sleep on it. Procrastinate. Jesus & Father
2. **Take care of yourself** – eat right, exercise, sleep.
3. **Stay out of it** – You can pray about helping or pray for them in it.
4. **You can't please everyone**
5. **Don't quit the good things** – going to church, praying, reading bible, eat/sleep/exercise
6. **Reduce clutter**
7. **Pray through it**
8. **Trust God** – praying, listening, obeying. He will direct your path.
9. **Go off grid** – get away. Not necessarily a vacation but turn off your phone and go.
10. **Talk to someone** – spouse, therapist, pastor, counselors, friends. You don't need to tell everyone. Find trustworthy, wise, and godly people to talk to.

The enemy wants nothing more than for our baggage to hold us back.

Does our baggage disqualifies us?

**Joel 2:25** I will restore the years the locust has eaten.

Don't let your baggage convince you you're disqualified.

### 3 Prayers to pray:

- **God, help renew my mind with truth** – Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
- **God, help me release my baggage/offender/situation** – Luke 6:35 love your enemy, do good to them. You have to release to make room.
- **God, help me restore what is lost** – Joel 2:25.

### HOLD ON TO GOD

Jacob, father of Joseph.

**Genesis 32:24-28** 23 He took them and sent them across the stream, and everything else that he had. 24 And Jacob was left alone. And a man wrestled with him until the breaking of the day. 25 When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him. 26 Then he said, "Let me go, for the day has broken." But Jacob said, "I will not let you go unless you bless me." 27 And he said to him, "What is your name?" And he said, "Jacob." 28 Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed."

How would your circumstances change if you let go of everything and held onto God?

**Genesis 32:30** So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered."

God wants to meet you face to face. There is nothing that can separate you from His love. He wants nothing to separate you from His presence.

### JEHOVAH RAPHA

"He heals the brokenhearted and binds up their wounds." Psalms 147:3

"The spirit of the Sovereign Lord is on me, he has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to comfort all who mourn, to bestow on them a crown of beauty instead of ashes, instead of shame a double portion, instead of disgrace an inheritance and everlasting joy will be theirs." Isaiah 61:1 -7

