



## Harmony: Baggage

Pastor Mike  
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**Harmony** - agreement or concord; the combination of simultaneously sounded musical notes to produce chords and chord progressions having a pleasing effect

### What causes Baggage to be in our lives?

#### 1. Unfulfilled Expectations

- Unfulfilled Expectations = Frustration

**Proverbs 13:12 (NIV)** "Hope deferred (delayed) makes the heart sick, but a longing fulfilled is a tree of life."

#### What is the difference between expectations, needs, and desires?

- **Expectations** are hopes and beliefs that are focused on the future; they may or may not be realistic.
- A **need** is something that is necessary for healthy relating and living.
- A **desire** is a preference about something you would like to have or receive.

#### 2. Untreated Pain

**Jeremiah 6:14 (NIV)** "They dress the wound of my people as though it were not serious. 'Peace, peace,' they say, when there is no peace."

#### 3. Unresolved Yesterdays

**Ephesians 4:26-27 (NIV)** "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."

#### 4. Unhealthy View of Self

**Romans 12:3 (MSG)** "The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him."

#### 5. Un-repentant Sin

**Psalms 32:3-4 (NIV)** "When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah"

**2 Corinthians 10:3-4 (NIV)** "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

#### 6. Strongholds

- A prisoner locked in by deception
- Living life by something that is not true

**2 Corinthians 10:5 (NIV)** "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

**John 8:32 (NIV)** "Then you will know the truth, and the truth will set you free."

### What to focus on even though you might have baggage:

#### 1. God still LOVES me.

**John 3:16-17 (MSG)** "This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son

merely to point an accusing finger, telling the world how bad it was. He came to help.”

## **2. God wants to FREE me.**

**Romans 8:1-2 (MSG)** “(You) no longer have to live under a continuous, low-lying black cloud. A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.”

## **3. God will RESTORE me.**

**Psalm 71:20 (NIV)** “Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.”

“Worry is a down payment on a problem you my never have.” –Unknown

**Assignment:** What baggage do you have that hasn't been dealt with but needs to be?