

Baggage: Who Packed Your Bags

Relational Baggage

Genesis 11:27-32 (NIV) This is the account of Terah's family line. Terah became the father of Abram, Nahor and Haran. And Haran became the father of Lot. **28** While his father Terah was still alive, Haran died in Ur of the Chaldeans, in the land of his birth. **29** Abram and Nahor both married. The name of Abram's wife was Sarai, and the name of Nahor's wife was Milkah; she was the daughter of Haran... **30** Now Sarai was childless because she was not able to conceive. **31** Terah took his son Abram, his grandson Lot son of Haran, and his daughter-in-law Sarai, the wife of his son Abram, and together they set out from Ur of the Chaldeans **to go to Canaan**. But when they came to **Harran, they settled there**. **32** Terah lived 205 years, and **he died in Harran**.

He was on his way to Canaan, but he couldn't get past Haran!

Many of us are living with unresolved people pain, we can't get past it, we are stuck in it and it is killing us!

Unresolved People Pain is Dangerous

1) Unresolved People Pain Keeps Us from Our Potential.

Psalm 73:21-22 "When my heart was grieved and my spirit embittered, I was senseless and ignorant..."

2) Unresolved People Pain Pollutes Other Relationships.

Hebrews 12:15 (Phillips) "...a bitter spirit is not only bad in itself but can also poison the lives of many others."

i) It makes us defensive and jumpy.

ii) It makes us distant and silent.

iii) It makes us demanding or clingy.

3) Unresolved People Pain Damages Our Relationship with God.

a) **Forgiveness is the first thing:** Mark 11:25 NLT "When you are praying, **first forgive** anyone you are holding a grudge against so that your Father in heaven will forgive your sins too."

b) **The Lord's Prayer:** Matthew 6:12, 14 "Forgive us our debts, as we have forgiven our debtors. . . . For if you forgive others when they sin against you, your heavenly Father will also forgive you."

Big Misconception: Time will heal all hurts. Often unresolved relational baggage gets heavier over time.

I have a New Identity in Christ

2 Corinthians 5:17 ESV Therefore, if anyone is **in Christ**, he is a new creation. The old has passed away; behold, the new has come.

1) In Christ, You are Forgiven.

Eph. 1:7 *In Christ*, "In Him we have redemption through his blood, **the forgiveness of sins**, in accordance with the riches of God's grace."

Power Profession #1: I am forgiven in Christ and I can forgive others because God has forgiven me.

2) In Christ, You are Secure.

Corinthians 1:21-22 Now it is God who makes both us and you stand firm in Christ. He anointed us, **22 set his seal of ownership on us**, and put his Spirit in our hearts as a deposit, **guaranteeing** what is to come.

Peter 2:23 When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

1 Peter 3:9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

Power Profession #2: I am secure in Christ, and my security in Jesus makes me stronger than the insults of others.

3) In Christ, You are Free.

John 8:36 So if the Son sets you free, you will be free indeed.

Power Profession #3: I am free in Jesus, and free people are released from bondage, therefore I refused to pick up this offence again and again.

I AM FORGIVEN; I CAN FORGIVE MY OFFENDERS

I AM SECURE AND STRONGER THAN THEIR INSULTS

I AM FREE; SO I REFUSE TO WALK IN THE OFFENSES OF MY PAST