

**“Leave Your Baggage Behind”**  
**Disrupted Sermon Series: Week 4**  
**Dr. Mark Foster**  
**May 10, 2020**

Principle 1: Say Yes to God, Psalm 145:8-9

Principle 2: Choose your Traveling Companions Wisely, Ecclesiastes 4:9-10

Principle 3: Seek Wisdom: Ask, Search, Knock, Matthew 7:7

**The Problem:** Baggage we carry around does not go away until it is dealt with or finished.

For example: Men with overbearing fathers in the \_\_\_\_\_ often develop patterns of resisting authority, being indirect, and not fulfilling up-line expectations in the \_\_\_\_\_. Proverbs 4:23

*If we don't leave our baggage behind, our past will become our present.*

**How to Leave Your Baggage Behind: Three Steps to Rescue Your Heart from the Past**

**Acknowledge:** Agree you have a problem from the past and \_\_\_\_\_ it. 1 John 1:8-9

“No issue can be overcome until we admit that it \_\_\_\_\_.” – Dr. Henry Cloud

We never “feel” any emotion – whether anger, or passion, or being numb – for no \_\_\_\_\_.

*You can't heal what you don't feel. And you can't feel what you medicate.*

Studies report 1 in \_\_\_\_\_ women and 1 in \_\_\_\_\_ men experience sexual trauma by age 18.

Until we work through those experiences, they continue to be \_\_\_\_\_, not past.

**Grieve:** Express grief and allow \_\_\_\_\_. Romans 12:15

We \_\_\_\_\_ to grieve. Ecclesiastes 7:2-4a

If your heart has been broken, it can be mended by the love and care of \_\_\_\_\_.

**Forgive:** \_\_\_\_\_ yourself from previous failures, shortcomings, and hardships.

God wants you \_\_\_\_\_ from guilt and shame associated with past hurts. Psalm 103:11-12

If you want to be set free from the guilt and shame of your past, just \_\_\_\_\_. Hebrews 8:12

*God will make a way!*

One of the most powerful ways God makes a way out of our past failures is by having us talk to each other and to \_\_\_\_\_ for one another. James 5:13-16

*Forgiveness frees us from feeling like we have to try collect something we can never collect.*

**A Special Message for Moms from Chantelle Foster**

**Action Steps:** Examine your \_\_\_\_\_ and get help.

If you feel \_\_\_\_\_ about anything, ask God to take it from you.