



Sermon Outline

Key verses

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

How to let go of your baggage

1. Identify your baggage

You must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry,²⁷ and do not give the devil a foothold.

Ephesians 4:25-27

2. Bring it into the light

If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 John 1:7

3. Trust the Lord

Trust in the Lord with all your heart and lean not on your own understanding.

Proverbs 3:5

LET IT GO

SEPTEMBER 8
DISCUSSION GUIDE

Opening Thought

Far too many people walk around carrying heavy baggage from mistakes, hurt, pain and bad choices. In Jesus, there is no condemnation for our past miscues because we have been given grace. It's time to unpack all the worthless weight we have been carrying and learn to live free. There is freedom in Christ!

Ice breakers

- How do you pack for a trip?
- What is something you picked up from a parent, mentor, teacher, coach, etc. that is still part of your life?

Explore the passage (Ephesians 4:17-32)

- Paul describes how the ungodly live. What are the chief characteristics of the ungodly? (17-19)
- What 3 stages of transformation does Paul list? (22-24)
- Who is doing the renewing of thoughts and attitudes? (23)
- Is anger a sin? What is the sin involving anger? (26-27)
- What does it mean to bring sorrow to or grieve the Holy Spirit? (v. 30)
- What is our motivation for forgiving one another? (32)
- What does Paul tell us in v. 31-32 to stop doing? How does experiencing the forgiveness of Christ enable us to let go of anger and bitterness toward those who are rude to us? Realistically, how can we be kind to people who are rude to us?
- What do you think happens to people who carry baggage?
- What baggage do you sense the Lord calling you to let go?

Closing

Letting go of what you're holding on to allows you to reach for what God is offering. Once you let go of all the baggage, you'll have the freedom to embrace the life God has for you.

The key to letting go is not simply removing negative things. But to replace them with something far better. *Therefore, there is now no condemnation for those who are in Christ Jesus.* (Romans 8:1)