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## Small Group Discussion Guide

For the week of: May 28, 2018

Speaker: Pastor Linn Winters

*“Lose the Bag”*

### GETTING TO KNOW YOU

1. How much luggage do you take when traveling? Are you a minimalist, a hoarder or something in the middle?
2. In this series we are talking Baggage. Not luggage, but the mental, emotional and spiritual kind of baggage we seem to pick up and take with us through life. What are some of the obvious and not so obvious kinds of baggage we tend to carry with us?

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

### DIGGING DEEPER

1. Read Matthew 11:28—30. What is Jesus trying to tell us in these verses? How can He give us rest? What kind of rest is He referring to?

We all carry some kind of baggage. If we are to embrace these words of Jesus how do we experience the kind of rest He is talking about?

2. We often hold on to our baggage most when we focus on self or allow the world to dictate to us who we are. Read Psalm 139: 1—18 and write down what these verses say about our value to God and His knowledge of who we are.

If the Lord knows everything about us and still went to the cross to save us, how can this perspective change how we view the baggage we carry and give us hope?

3. Read John 5:1—11. Linn pointed out that in verse 6 Jesus asked the man if he wanted to get well—which seems like a silly question, but in reality, it is an enormous life altering question. Why is this question so relevant to this man and why should we be asking ourselves the same question?

In verse 7, the man gives his excuse as to why he has been lying at the pool for many years. What excuses do we tell ourselves as to why we continue to hold onto the baggage we carry?

4. When we carry baggage, and ineffectively deal with it on our own, there are always consequences. What are some of the ways you have seen unchecked baggage interfere in the areas of relationships and spiritual growth?

What are other areas baggage can create damage in our lives?

5. How do we begin to move past our baggage and leave it behind? Jesus told the man to, “. . . pick up your matt and walk.” How do we do this practically? How do we bring our anger, guilt, shame, bitterness, resentment, etc. to the cross?

Read the verses below. What insights and/or encouragements do these verses give as to how to pick up your matt and walk:

Isaiah 40:28—31

Colossians 3:5

John 4:19—14

Proverbs 28:13

1 John 1:7—9

### TAKING IT HOME

What is my first in getting rid of my baggage going to be?

Prayer Requests:

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