

Let's Get Started

"Baggage" in the context of Pastor Derrick's message refers to unresolved issues, negative emotions, past traumas, or unhealthy patterns of thinking and behavior that individuals carry with them from past experiences. This baggage can weigh us down and impact our present lives and relationships.

Briefly Discuss Putting Off the Old Man and Putting on the New Man as discussed in Ephesians Chapter 4 Verses 22 and 24:

- What type of baggage have you experienced or dealt with in your journey?
- In the message 2 Types of Baggage were discussed. What were they?

Let's Go Deeper

According to the sermon, is all anger considered sinful? How does having a righteous anger align with Christian values and principles?

Discuss some ways in which we can express righteous anger constructively and in line with God's will.

- How can we guard against allowing our anger to lead us into sin, even if it initially stems from a righteous cause?
- In your opinion, what are some misconceptions people might have about anger and its relationship to sin?

Share a personal experience where you struggled to discern whether your anger was righteous or unrighteous. How did you handle it?

The Baggage of (Unrighteous) Anger

Reflect on Ephesians 4:26-27. What instructions does Paul provide regarding anger, and why do you think these instructions are important?

Discuss the difference between healthy and unhealthy expressions of anger. How can we discern when our anger is justified and when it crosses the line into sin?

Share examples of how unresolved or uncontrolled anger has negatively impacted individuals or relationships.

- How can we prevent this type of anger from lingering and festering in our hearts, as cautioned in Ephesians 4:26b?

Don't Let the Sun Go down on your wrath

While we should always try to resolve issues appropriately and as quickly as reasonably possible. It may not be possible in some instances to do so. With that in mind:

Discuss some misconceptions or misunderstandings people might have about the phrase "do not let the sun go down on your wrath."

- What role does communication play in ensuring that conflicts are addressed promptly and not left to fester.

Giving Place to the Devil

- How does holding onto past hurts and wounds create a "territory" for the devil in our lives?
- Share a personal experience where you struggled with letting go of baggage. How did it impact your life?
- What practical steps can we take to prevent giving place to the devil in our lives?

Dealing with Offense

- Why is it important to directly address issues with the person who offended us?
- How can effective communication help in resolving conflicts and preventing the devil from gaining influence in our relationships?

Share a time when you had to have a difficult conversation with someone who offended you. How did it impact your relationship?

- According to the sermon, what action does the scripture prescribe for dealing with offenses?
- How can effective communication contribute to closing the doors and preventing the devil from gaining influence in our lives?
- In your opinion, why do people sometimes avoid addressing issues directly with the person who offended them?

Discuss a situation where discussing expectations in a relationship could have prevented a conflict or misunderstanding.

- What role does humility play in effectively resolving conflicts and shutting the doors to the devil's influence?
- How can we cultivate a culture of open communication and transparency in our relationships to prevent giving place to the devil?

The Baggage of Unforgiveness

Share a personal experience where you struggled with forgiving someone.

- What are some common emotions or behaviors associated with unforgiveness, as mentioned in Ephesians 4:31-32?
- How does the concept of forgiveness reflect God's grace towards us, as discussed in the sermon?
- According to the sermon, what are some practical steps to take in order to forgive others?
- How can understanding the background of the offender help in the process of forgiveness?

Reflect on the statement "Unforgiveness doesn't punish the offender- It punishes you." Give some thoughts on that statement.

Discuss the importance of examining one's own feelings and aligning them with the Word of God in the context of forgiveness.

- In 1 Peter 5:7, what instruction does the passage give regarding our cares, anxieties, worries, and concerns?
- According to the sermon, why is it important to acknowledge our dependence on the Holy Spirit in dealing with our baggage?
- What steps can we take to actively cast our cares on God and rely on His strength rather than trying to carry our burdens alone?

Let's Go Deeper

These resources can complement our scriptural understanding on forgiveness and provide practical strategies for applying these principles in everyday life.

Forgiveness: Your Health Depends on It:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>

American Psychological Association/ Control anger before it controls you:

<https://www.apa.org/topics/anger/control>