



SUMMER BAGGAGE

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THE BAGGAGE WE CARRY

STUDY GUIDE

DEALING WITH BITTERNESS & ANGER

Week 1: May 15, 2022

Text: Matthew 18:21-35, Ephesians 4:31-32

Topic(s):

Bitterness, Anger, Freedom, Peace

Big Idea for the Week:

We are not meant to carry the weight of bitterness and anger, but we can trade them for freedom and peace.

Application Point:

Jesus offers us freedom and peace in exchange for the bitterness and anger we experience.

Identify a person who has hurt you and set down the baggage of bitterness by beginning to pray for them—or for God to help you to pray for them.

Questions for personal or small groups:

1. What is one thing that stood out to you from this week's message?
2. Let's come up with a strong definition of bitterness. What is the root of bitterness?
3. Tell about a time you experienced someone feeling bitter toward you.
4. Have you met someone who had every right to hold on to hatred, anger, or bitterness but chose to not indulge the negative? What was this person like?
5. How can remaining bitter affect our relationship with God? How can exchanging bitterness for freedom affect our relationship with God?

Spend time in prayer.

DEALING WITH PRIDE & SELFISHNESS

Week 2: May 22, 2022

Text: Mark 10:17-25, Philippians 2:1-10

Topic(s): Pride, Reputation

Big Idea for the Week:

Pride grows because we crave independence and self-sufficiency, yet we are called to depend on God in humility.

Application Point:

Be your real self with God and others. Set down the baggage of pride this week through a hard conversation or an honest prayer.

Questions for personal or small groups:

1. What is one thing that stood out to you from this week's message?
2. Proverbs says that pride comes before a fall (16:18) and humility comes before honor (15:33). What do you think this means?
3. Why is pride a hidden sin? Is this a sin we are more accustomed to accepting? Why or why not?
4. Is there a benefit to carrying only the necessary items with us in life? If so, what are the benefits, and what types of things would make the cut in our lightweight backpacks?
5. If we have spent more than a few hours with young children, we have most likely noticed them displaying an act of stubbornness or a "stiff-neck." What are some reasons kids show pride or stubbornness? How about adults?
6. How can pride affect our relationship with God?

Spend time in prayer.

DEALING WITH FEAR & ANXIETY

Week 3: May 29, 2022

Text: Philippians 4:4-7, Matthew 6:25-34, Psalm 23

Topic(s): Fear, Scarcity, Abundance

Big Idea for the Week:

Fear grows when we feel our inabilities or are anxious about the unknown, but God has promised to protect us and walk with us through danger.

Application Point:

In a fearful situation you are facing right now, put down the baggage of fear and trust God to be the Good Shepherd as he leads, protects, provides, and comforts you.

Questions for personal or small groups:

1. What is one thing that stood out to you from this week's message?
2. Psalm 23 promises that God is always with us and offers us protection, provision and peace. In what ways have you seen God display this in your life?
3. Psalm 139 reminds us that God is with us in good times and bad, hard places and easy places, high places and low. Can you think of a situation where you wondered if God even knew where you were?
4. Think back to the days of summer camp and family vacations. What was one activity or place you went that was scary or caused fear to rise in you?
5. What would you say in a letter to "fear"?
6. How does holding on to fear affect your relationship with God?

Spend time in prayer.

DEALING WITH JEALOUSY & COVETOUSNESS

Week 4: June 4, 2022

Text: Matthew 16:24-26, James 4:1-7

Topic(s): Jealousy, Envy, Comparison

Big Idea for the Week:

Jealousy ruins relationships, but Jesus offers restoration when we leave the heavy baggage of envy at His feet.

Application Point:

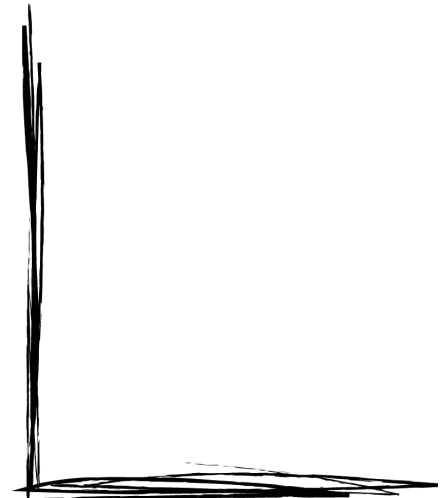
Think of one person you find yourself jealous of. Pray for them, and see yourself as a valuable, unique and necessary part of the body of Christ.

Questions for personal or small groups:

1. What is one thing that stood out to you from this week's message?
2. When have you been jealous of a sibling or classmate?
3. What can parents do to enhance or limit potential jealousy between the children in their family?
4. Jealousy is often rooted in motives of self-preservation. What types of habits, practices or disciplines could we nurture to offset the tendency to be jealous?
5. How does jealousy affect your relationship with God? How would someone's relationship with God be different if they surrendered jealousy to him?

Spend time in prayer.

Notes:





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