



Title: No baggage allowed – lightening the load
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Baggage defined

Baggage: *Unresolved incidents or relational disappointments*

Baggage: intangible things (as feelings, circumstances, or beliefs) that get in the way

*Baggage leads to wounds + lies.

Debt free living – “You owe me nothing”

Baggage is there because of debt owed.

1 Peter 4:8 (NKJV) ⁸ *And above all things have fervent love for one another, for “love will cover a multitude of sins.”*

Why is a “covering of sin” necessary? For the sake of the relationship.

Forgiveness? Is to give what God has given us.

Matthew 6:14 (NKJV) ¹⁴ *“For if you forgive men their trespasses, your heavenly Father will also forgive you.*

Forgiveness is about setting yourself free.

Love heals – “I owe you love”

Romans 13:8 (NKJV) ⁸ *Owe no one anything except to love one another, for he who loves another has fulfilled the law.*

**You owe me nothing. I owe you love

- “You are first”
- “I am second”

God’s unconditional love empowers us to love our spouse or partner.

The Healer

Jesus has come to heal the broken hearted.

2 Corinthians 3:16–17 (ESV) ¹⁶ *But when one turns to the Lord, the veil is removed.* ¹⁷ *Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.*

1 John 3:16 (NKJV) ¹⁶ *By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren.*