

Baggage week 1 Baggage Check

TALK IT OVER

Read Colossians 3:1-17 (Passage is on 2nd page along with supporting verses. This is from New International Version. NIV. Feel free to use or read from your own Bible/app). Once you've read the passage ask these questions:

- What new thing did you discover in the story that you did not know before?
- What did you learn about people? (Why is it so hard for us to claim our baggage? Why do we keep carrying it? What makes letting go of our baggage so hard? How does holding on to our baggage mess up our true identity?)
- What did you learn about God? (What is so powerful about our first prayer- God, help renew my mind with truth (supporting verse on 2nd page)? What lies are you needing replaced with truth? Our second prayer is God, help restore what is lost (supporting verse on 2nd page). Do you think God can actually restore what's lost? Why/why not? What needs restored in your life? Last prayer is God, help me release my offender (supporting verse on 2nd page). Why does Paul remind us of Christ forgiveness? How does that help us release our offender? Or does it? Does not releasing that un-forgiveness do us any actual good? If it doesn't why do you think we hold so tight to it? How can we finally release it?)
- What will you take away from this discussion? (What is God saying to you about your baggage? How does what Paul said in Colossians 3 help us do these things...putting to death sin...setting mind on things above...ridding ourselves?)
- What will you do with what you have learned? (We all have baggage. No one walks through life without some seasons of baggage. Pastor Brad said he need to name it and claim it. What baggage do you need to verbalize and free yourself of? What steps do you need to take to do this? **Recognize there may be some deep wounds here. Encourage people but don't push. If someone needs professional counseling or help contact staff.** Encourage anyone that hasn't taken it that What's Next can help with the healing process. Diving into authentic community is necessary for healing. Not just for you but for others as well.)
 - What's next? Is a three-week group lead by Pastor Brad on Sunday evenings where you learn more about Shift and what the next steps for you to discover your purpose and make a difference with your life. Brad will walk you step by step on what's next for your spiritual journey. You can register by texting Next to 352-575-3521.
- Is there anything else you wanted to share that we didn't hit in this discussion?
- Next week make sure to read Romans 8. Think through the questions we ask weekly as you read.

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Make sure to check in with your SG this week. How can you pray for them? This is where the discipleship aspect comes in. Work towards identifying your 3 (that you can really pour into) and then your 1 (that person that will replicate what you're doing now). Take a few minutes each day and make a text or phone call to everyone in the group.

Make sure to read ahead of time and either retell the story or have someone (multiple people) help you retelling the story. Make sure to use your update with points from Brad's sermon.

Colossians 3:1-17

Living as Those Made Alive in Christ

3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your^[a] life, appears, then you also will appear with him in glory.

⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming.^[b] ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now

you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Do not conform to the pattern of this world, but be transformed (become different) by the renewing of your mind. (Replace the lies I often believe and renew my mind with your truth) Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12:2 NIV

You have allowed me to suffer much hardship (I have seen more bad stuff than I should), but you will restore me to life again and lift me up from the depths of the earth.

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You will restore me to even greater honor and comfort me once again. -Psalms 71:20-21 NLT

Make allowance for each other's faults, and forgive anyone who offends you. (Yeah but how do you forgive someone that did something unforgivable) Remember, the Lord forgave you, so you must forgive others. - Colossians 3:13