

**Speaker** : Associate Pastor Richard Yun  
**Title** : Overweight Baggage

## Introduction

If any of you have travelled by airplane recently you may have witnessed the new travel game that people are playing. It's called, "How many bags can I carry on the plane and how much stuff can I pack into those bags to avoid paying the checked luggage fee?"

This need to carry all our baggage onto the plane when we travel is predicated by 3 things:

- First, the aforementioned checked luggage fee.
- Next, the invention of rolling suitcases. Because we're less likely to drag an overstuffed bag through 4 terminals and 32 gates when we have to carry it rather than roll it effortlessly behind us.
- And finally, we've managed to convince ourselves that we can't go away for a week without bringing most of our belongings with us. After all, you never know when we might need a winter coat and a bathing suit on the same trip.

### **Baggage is frustrating, time-consuming and costly.**

The point is, there are many reasons why we don't travel light:

Because we fear we may end up needing something that we've left behind, because taking a 2-hour flight can easily become an all-day event, or because we've become so accustomed to being surrounded by the convenience and familiarity of our stuff, that we don't know how to function without it.

### **What exactly is Baggage?**

- **It is a condition, an attitude, or a circumstance that robs us of the abundant life that Jesus has secured for us. Eg.** our emotional baggage and our spiritual baggage - baggage that is much heavier to carry and much more likely to keep us from becoming the people that God calls us to be.
- **It is the challenges, problems, and crises that attach themselves to us to block our success, victory, and effectiveness in the Kingdom of God.**

In his book, "Traveling Light," Max Lucado writes:

*"Odds are, you have luggage in your hands right now. Somewhere between your first step out of bed this morning and your last step out the door, you picked up some overstuffed bags. You stepped over to the baggage carousel and loaded up. Don't remember doing so? That's because you did it without thinking. Don't remember seeing a baggage terminal? That's because the carousel is not the one in the airport; it's the one in your mind.*

*And the bags we grab are not made of leather; they're made of burdens. The suitcase of guilt. A sack of discontent. You drape a duffel bag of weariness on one shoulder and a hanging bag of grief on the other. Add on a backpack of doubt, an overnight bag of loneliness, and a trunk of*

*fear. Pretty soon you're juggling more luggage than a skycap. No wonder you're so tired at the end of the day. Carrying all that baggage is exhausting."*

"For I *am* poor and needy, And my heart is wounded within me... Help me, O LORD my God! Oh, save me according to Your mercy ... For He shall stand at the right hand of the poor (the needy one), to save *him* from those who condemn him" (Psalms 109:22, 26, 31).

## **ACKNOWLEDGE YOUR BAGGAGE**

"Therefore I will not restrain my mouth (keep silent); I will speak in the anguish of my spirit... (Job 7:11).

Many of us have been carrying our burden-laden baggage for so long, the handles have left permanent marks on the palms of our hands. Letting go is not easy. We often feel if we leave these familiar burdens behind we will lose a part of ourselves, a part of what makes us who we are.

## **ADMIT YOU HAVE A BAGGAGE – YOU HAVE A PROBLEM!**

### **LETTING GO OF BAGGAGE**

#### **o GOD, HELP RENEW MY MIND WITH TRUTH**

"And do not be conformed to this world, but be transformed by the renewing of your mind..." (Romans 12:2).

"...that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind..." (Ephesians 4:22-23).

A wrong mind-set needs to be renewed. Every baggage the enemy puts in your life is a result of a lie which intentionally goes against everything God has intended for you.

#### **o GOD, HELP RESTORE WHAT'S LOST**

"*You*, who have shown me great and severe troubles, Shall revive me again (will restore my life again), And bring me up again from the depths of the earth" (Psalms 71:20).

Eg. "Have I seen more bad stuff that I ever hoped to see... some are so discouraged at this moment. You feel low. You have no hope at all. God specializes in finding what was lost and restoring that which has been broken".

"For I will restore health to you, And heal you of your wounds,' says the LORD" (Jeremiah 30:17).

Luke 15, Jesus tells 3 powerful stories reflecting the heart of God. The first story Jesus told about was a shepherd would leave the 99 to go after the one that was lost. Jesus told about a woman who had 10 coins, and if she lost one of them, she would tear her house apart to find the one that was lost. Jesus told about a father who had 2 sons, and when one son ran off, that father would spend day after day, and week after week, and month after month looking, hoping, praying, searching for his son that was lost. And when that son was found, or the coin or the sheep, they would throw such bid parties that no one had ever seen, because God cares for those who are lost. You matter to God.

### **What does God want to restore in your life?**

- 1. Sexual Innocence**
- 2. Restore your faith in Him or your faith in even believing that there is some good in this world**
- 3. God specializes in restoring that which has been lost.**

#### ○ **GOD, HELP ME RELEASE MY OFFENDER**

“bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*” (Colossians 3:13).

“But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High” (Luke 6:35).

### **Who do you need to forgive?**

## **Conclusion**

So you walked in with some baggage. It's time to lay it down. It is time to take it to God. Lay it down at the foot of the cross.

But this is what Jesus calls us to do - To set it all down at his feet.

Realistically, we may not be able to do it all at once, but we can work intentionally at letting go of one burden at a time, and to trust our family, our friends and God to help us to do so.

With each burden that we release, we come closer to understanding what it means to feel God's love and what it means to pour out that love to others, as we step onto the road to Jerusalem with a newfound lightness in our hands, in our minds, and in our heart.