

Carry On Part 2: Relational Baggage

"This is the account of Terah. Terah became the father of Abram, Nahor and Haran. And Haran became the father of Lot. While his father Terah was still alive, Haran died in Ur of the Chaldeans, in the land of his birth." Genesis 11:27-28 NIV

*"Terah took his son Abram, his grandson Lot son of Haran, and his daughter-in-law Sarai, the wife of his son Abram, and together they set out from Ur of the Chaldeans to go to Canaan. But when they came to Haran, they settled there. Terah lived 205 years, and he died in Haran."
Genesis 11:31-32 NIV*

✓ Keeps us from our potential.

*"When my heart was grieved and my spirit embittered, I was **senseless** and **ignorant**."
Psalm 73:21-22 NIV*

✓ Pollutes our other relationships.

*"A bitter spirit is not only bad in itself but can also **poison** the lives of many others."
Hebrews 12:15 Ph*

✓ Destroys our relationship with God.

*"When you are praying, first **forgive** anyone you are holding a grudge against so that your Father in heaven will **forgive** your sins too." Mark 11:25 NLT*

"Forgive us our debts, as we have forgiven our debtors. . . . For if you forgive others when they sin against you, your heavenly Father will also forgive you." Matthew 6:12, 14 NIV

The Healing Process

*"He **heals** the **brokenhearted** and **binds** up their **wounds**." Psalm 147:3 NIV*

*"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
2 Corinthians 10:3-5 NIV*

1. Reveal the hurt.

*"When I kept **silent**, my bones **wasted away** through my groaning all day long." Psalm 32:3 NIV*

*"But when I was **silent** and still, not even saying anything good, my **anguish increased**."*
Psalm 39:2 NIV

2. Release the people involved.

*"Then Peter came to Jesus and asked, "Lord, **how many times shall I forgive** my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." Matthew 18:21, 22 NIV*

*"When they hurled their insults at him, **he did not retaliate**; when he suffered, **he made no threats**. Instead, he entrusted himself to him who judges justly." 1 Peter 2:23 NIV*

3. Refocus on God's plan for my life.

*"Am I in the place of God? You intended to harm me, but **God intended it for good** to accomplish what is now being done." Genesis 50:19-20 NIV*

*"Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your **troubles will fade** from your memory, like floods that are past and remembered no more."*
Job 11:13-16 GN