

DIGGING DEEPER (cont.)

3. James 5:16 states, "Therefore, confess your sins to one another and pray for one another, that you may be healed."
 - Why does the Bible teach us to involve others in the healing process? (cf. Matt. 5:21-26; Matt 18:15-20)
 - Why is confession of sin or wrong-doing difficult?
 - What is the result of confession? What benefit comes from confession... personally (a believer) and corporately (the church)?
 - What does the following quote mean and how does it apply to confession? *"He who is alone with his sin is utterly alone."*
Dietrich Bonhoeffer

TAKING IT HOME

1. Is there an area in your life where you need personal healing? What encounter or experience is necessary, with God or others, in pursuing healing in this area?
2. Consider the people in your life for a moment, how might you be able to help bear someone's "baggage" in a helpful and constructive way? Offer to listen and to point that person to the healing power of Christ.

SUNDAY OCT. 16, 2016

Series: "Overcoming Obstacles That Trip You Up"

Message #1: "Letting Go of Your Baggage"

By: Pastor Mark Brunott

MESSAGE NOTES:

1. The truth is that most of us carry a lot of **baggage**.
2. God did not design us to **carry** our baggage around with us.
3. When dealing with baggage...
Remember that healing is a **choice**.
Remember that Jesus wants to **heal us**.
4. The Bible defines baggage as a **stronghold**.
What stronghold is in your heart?
5. We have to **respond** in Spirit-led faith to God's healing.

LIFE GROUP HOMEWORK:

QUICK REVIEW

1. Pastor Mark shared several principles from the story recorded in John 5:1-9. What are they and how do they inspire or encourage you personally?
2. How would Pastor Mark define the “baggage” that people carry in their lives? List illustrations and examples from the message.

MY STORY

1. Share about a time when you observed emotional or spiritual healing taking place in someone’s life.
2. If you are comfortable doing so, share a negative life experience. When you think about that moment or process, would you say that healing has happened already or are you still waiting?

DIGGING DEEPER

1. Read Psalm 130.
 - What does this passage teach us about how to approach God for healing?
 - What encouragement does the psalmist give Israel in verses 7-8 and how does his encouragement to others relate to the psalmist’s own understanding of God’s healing power?
2. God often uses people in his healing process. Look at the following passages and discuss the ways that God involves people to bring about healing.
 - Genesis 50:15-21; Ephesians. 4:32
 - Proverbs 16:24; Ephesians 4:29
 - James 5:13-18