



Travel Light The Baggage of Guilt

Everyone makes mistakes, stumbles, falls, and fails. The key question is how do we respond to the blunders of life?

Guilt is the emotion we feel as a result of doing something we perceive as being wrong. It can be constructive if it leads us to right actions and lessons learned, but it can be destructive if it is internalized.

Hebrews 4:14–16

We have a High Priest, Jesus Christ, who...

- Paid the price for our _____ — past, present, and future.
Ephesians 1:7

- Sympathizes with our _____.
Romans 7:21–25

- Extends mercy and grace to us in our _____.
1 John 1:9

Offloading the baggage of guilt:

To offload the baggage of guilt, we can't allow what happened in the past to define us. That's simply not who we are.

1. Embrace a realistic _____ of your imperfection and sinfulness. Romans 3:23

2. Admit the _____ and receive God's grace, while forgiving yourself. Hebrews 10:22

3. Make _____ with the guidance of the Holy Spirit.
Matthew 5:23–24

4. Refuse to believe the _____ of the enemy. Romans 8:1, Revelation 12:10

"Failure is an event. It is not a person. So never let yesterday use up today." Zig Ziglar

Answers: sin; weaknesses; failures; view; wrong; amends; accusation