



Travel Light – Live Free The Baggage of Hurt

Pain is a part of life. Everyone experiences hurts and heartaches; however, we don't have to carry the hurts of the past into our future.

Jesus was familiar with all the hurts we would encounter. Isaiah 53:3

A hurt keeps hurting if we:

- _____ it
- _____ it
- _____ it

Luke 6:27–31

Unpacking our hurts:

1. Express your pain and powerlessness to Jesus and _____ Him to heal your heart.

Psalm 55:22

Psalm 34:18

Psalm 147:3

2. Choose to not be a _____.

Romans 8:37 – *"In all these things we are more than conquerors through him who loved us."*

3. Live in the present and stop _____ the past.

Philippians 3:12–14 – *"...I do not consider myself yet to have taken hold of it. But this one thing I do, forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

4. Forgive and _____ . Luke 6:37

"Forgiveness is the process of letting go. It is surrendering your right to hurt those who have hurt you." Dr. Archibald Hart

5. _____ and _____ for those who hurt you. Luke 6:27–28

Answers: Ignore; Minimize; Hide; invite; victim; rehearsing; let go; Bless, pray