

Day 13 Unpack Change

Read Deuteronomy 6:8-9, Joshua 4:1-7

When releasing a piece of excess baggage over to God it is helpful to have a symbol to represent the action. A symbol can mark an event in your life and the importance of the results it brings. Symbols have no power in themselves. But if you've taken this week to unpack something important, a great way to etch this moment into your life is to do something symbolic.

You could write a letter and burn it. You could make a phone call to someone that hurt you and forgive them. You could bury something. Whatever it may be, it is an intentional act representing a change in your life.

Today's Challenge: Decide what your intentional symbolic act will be and follow through with it.



Day 14 Unpack Peace

Read Isaiah 41:13

You have only traveled a little distance on this spiritual journey so far, but hopefully you are seeing how far you have come with the Lord's help. Today is a day to reflect on the peace the Lord has given you by letting go of the excess baggage that was hindering your journey before.

Are you noticing a difference in your walk today? Do you feel a little lighter? Are you breathing easier? Does the path ahead seem less daunting? Isn't it amazing the freedom you begin to feel when you shed the unnecessary baggage of HURTS, HABITS, and HANG-UPS?

Enjoy the view, rest, renew your strength and catch your breath because the journey continues.

Today's Challenge: Take time to thank the Lord for His help in forgiving your past mistakes, for giving you strength in your present weaknesses, and for the promise of His guidance in the future.



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DAYS 8-14
UNPACK

PRESS ON

A FORTY DAY
SPIRITUAL JOURNEY

*It's time to go
where you really want to be.*



Last week you decided on a destination and the tools you would put in your backpack for your journey. Sometimes people overpack or have excess baggage. If you are carrying too much stuff your hike is going to be a harder journey than it should be. This week you will be focusing on what you don't need so you can experience peace in your spiritual journey.

Day 8 Unpack Hurts

Read Psalm 147:3

Today you will begin to identify the excess baggage in your life. Start with HURTS. A HURT could be classified as any life experience or offense that has crippled your heart and your ability to deal with the world in a healthy way. A HURT may have twisted your view of yourself, God, or others. Some common HURTS include: abuse, abandonment, betrayal, divorce, neglect, or rejection.

HURTS can cause your soul to be wounded. Wounds must be taken care of or they will fester and become infected. Setting out on a hike with an infection can be detrimental and may even cause you

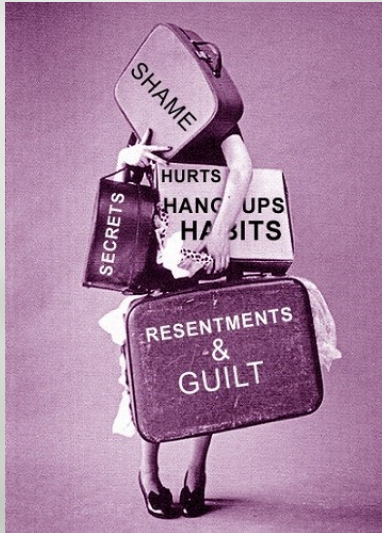
to give up on your journey altogether. What a wonderful promise in the Scripture today! There is a Great Physician that can help heal the wounds of your HURTS.

Today's Challenge: Ask God to help you identify the excess baggage of HURTS in your life. It could bring up painful memories or emotions, but let the Great Physician tend to those wounds with His great love and compassion.

Day 9 Unpack Habits

Read Psalm 103:2-5, 9-12

Today you will try to identify more of the excess baggage in your life that might hinder your journey because of the extra weight it brings.



HABITS tend to be unhealthy patterns that often start as a “remedy” for problems in your life, but end up turning into bad behaviors or addictions. HABITS can be: abusive behavior, alcohol, drugs, gossip, lying, overspending, pornography, unhealthy eating, and workaholism, just to name a few.

Anytime you use vices to numb yourself from life and the problems you face instead of asking for God's help, not only do you cause damage to your own self, but you also negatively affect the people around you.

Tired of carrying the tremendous weight of a HABIT or addiction? There is great power in choosing to set your heart and mind on Christ. Remembering God's promises and choosing to praise Him and trust Him, is the first step toward finding freedom from your HABITS and addictions.

Today's Challenge: Ask God to help you identify the bad HABITS or addictions in your life. List all the negative things that this HABIT or addiction is causing in your life and imagine what life would be like without these things in your life. Now how will you replace it with more God-honoring behavior?



Day 10 Unpack Hang-ups

Read Galatians 5:22-23

Today you are going to look at HANG-UPS. HANG-UPS are negative mental attitudes that are used to cope with people and adversity. They are things like anger, depression, fear or unforgiveness.

You have a tendency to move towards a particular mindset when you're faced with adversity. Do you shutdown? Do you get frustrated and angry? Does it overwhelm you? These are mental attitudes that you may sometimes just accept as who you are instead of seeing them as something that can change.

Today's Challenge: Identify your “go to” mental attitude when you face difficulty. Is there an unhealthy aspect of it? Your challenge is to admit that you don't have to accept this as part of your life, you can create a healthier “go to” move. Pray and ask God where you go NOW and where He wants you to go when you're in these situations.

Day 11 Unpack Excess Baggage

Read Matthew 11:28-30

If you have been looking at your excess baggage for the past three days you are probably pretty exhausted. You might even be overwhelmed. Sometimes it is hard to look at the baggage that has piled up in your life. You are ashamed of it, sick of it, and you just want it to disappear. You try to ignore it or dismiss it. Yet it is always there...pressing down on you in every area of your life.

If you could drop just one piece of your extra baggage, what would it be? What if you could be free of the hold that one piece of baggage has on you? Think about how light and free you would feel. It CAN happen...and it can happen today. It may be scary...but you CAN do it with God's help.

Today's Challenge:

Identify the largest, heaviest piece of excess baggage in your life and drop it at God's feet. Give it over to Him with prayer and thanksgiving.



Day 12 Unpack Grace

Read 2 Corinthians 12:9, 1 Peter 5:7, Philippians 4:6-7

You know what? You were not meant to carry this load of excess baggage all by yourself. 2 Corinthians 12:9 says: “My grace is sufficient for you, for my power is made perfect in weakness.” God's grace sees past your sin, your hurts and habits and meets you in your weakness. He actually carries your burdens for you. What an amazing promise you can lean on!

Today's Challenge: If you have not already released some of your baggage to God, don't let your pride get in the way of asking Him to lighten your load. He is waiting and willing to help you...all you have to do is ask.