



SMALL GROUP STUDY

NOTE: Talking about the baggage of emotional and relational pain can be difficult. While the things we discuss today can certainly help in the healing process, don't wait to get professional help (if needed) to aid in the healing process. A good resource is: **Emerge Ministries (330) 867-5603**.

1. Where does the baggage of emotional and relational pain come from? How do people try to deal with it? What does this baggage lead to if not dealt with?

2. Read **Romans 8:28**.

What does this say about the pain in your life? What about the good things? What hinders you from viewing all that happens in your life from a proper, Godly perspective?

3. For each below, discuss practical applications that can be done in your life when you face relational and emotional baggage (reference the verses in your notes; what other verses come to mind to help?):

(1) Get real with yourself, God and each other about the pain

What does this look like in our lives?

What can I do to walk this out?

What key verse can you hold on to?

(2) Choose to release the offender (and yourself) by forgiving them

What does this look like in our lives?

What can I do to walk this out?

What key verse can you hold on to?

(3) Experience rest in Jesus

What does this look like in our lives?

What can I do to walk this out?

What key verse can you hold on to?



BAGGAGE
LET GO. LIVE FREE.



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ACCESS TODAY'S MESSAGE

Our website is designed to be a helpful tool for all things Northampton. At www.NBchurchCF.org you'll find: our church calendar, key events, email and text alert sign-ups as well as access to this week's message and past messages - all from your computer, tablet or smartphone!

INFORMATION FOR OUR GUESTS

Next Step Spiritual Growth Opportunities

A great next step from the Worship Service on Sunday mornings is to connect in a smaller group that meets at 9:30am on Sundays. We also have small groups and other Bible Studies at various times during the week.

Children's & Youth Ministry

We have a safe place for your children and teens! There are several environments throughout the week for preschoolers, children, middle & high school students to take part in, connect with friends and grow in their relationship with Jesus.

Complete info can be found at: www.NBchurchCF.org

FOR FURTHER STUDY

Whether you're in a small group now or not, use this study guide to help you as you listen to the message and during the week as you dig deeper into God's Word through the "Small Group Study" section. All of this is designed to help you along the path of discipleship to **Believe > Belong > Become** like Jesus!



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MESSAGE NOTES

THE BAGGAGE OF EMOTIONAL AND RELATIONAL PAIN

Pastor Joe Pryor

You can't change your _____, but you can experience _____ in your _____.

Romans 8:28

[28] And we know that for those who love God all things work together for good, for those who are called according to his purpose. (ESV)

What to do with Emotional and Relational Pain:

1. Get _____

Psalm 142:1-2 - [1] With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD. [2] I pour out my complaint before him; I tell my trouble before him. (ESV)

Ecclesiastes 4:9-12 - [9] Two are better than one, because they have a good reward for their toil. [10] For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! [11] Again, if two lie together, they keep warm, but how can one keep warm alone? [12] And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken. (ESV)

You have to _____ the pain in order to _____ the pain

2. Choose to _____

Luke 23:34 - [34] And Jesus said, "Father, forgive them..." (ESV)

Colossians 3:13 - [13] bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. (ESV)

Romans 12:19 - [19] Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." (ESV)

Forgiveness is a _____ choice

3. Experience _____

Isaiah 26:3-4 - [3] You keep him in perfect peace whose mind is stayed on you, because he trusts in you. [4] Trust in the LORD forever, for the LORD GOD is an everlasting rock. (ESV)

Matthew 11:28 - [28] Come to me, all who labor and are heavy laden, and I will give you rest. (ESV)

John 8:36 - [36] So if the Son sets you free, you will be free indeed. (ESV)

Focus on _____ and not your _____