**Unload your baggage**

Too often we walk around carrying the kind of baggage that weighs our heart down and that, if carried around, leaves us emotionally and spiritually exhausted. The reality is, our pride wants to keep the baggage. Our ego wants to hang on to those situations in life that weigh us down and try to deal with it through human, natural, flawed means. Trusting the Lord’s wisdom would mean that I no longer have control of these situations. Check your carry-on baggage. Surrender it to Him and then seek His wisdom to strengthen and direct you.

**Instructions:**

1. Make a quick list of some of the problems and conflicts that have surfaced in your life. How much of your time and energy is spent in dealing with these issues?
2. How has your emotional and spiritual health been affected by the weight of these issues? How about your physical health?
3. What fears surface when you think about giving up control of those situations? Why is it tempting to hang on to them?
4. Take a few minutes in prayer to release those situations, one by one, to God’s control. Then humbly ask the Lord to fill you with His truth and wisdom.
5. Place the card in the luggage and a stone on top of it. As you move through the rest of your day, wait on the Lord. Instead of rushing ahead to your own solutions for each situation, practice the skill of waiting for Him to give you direction.