



Relational Baggage

Warm-up

Has anyone ever let you down or disappointed you? How did you respond in the short term? Did your response change over time? Why?

The Word

Everyone has experienced wounds of the heart. These are wounds that are born out of relationships with others.

Let's look at David's and Saul's relationship from the Bible to see how a relational wounding can affect people.

Read 1 Samuel 18:5-11

What happened in this incident to cause Saul's violent response? Why do you think Saul responded the way he did?

What do you think David felt after this incident? What do you think he learned from this?

Whatever the relational pain is, we have to be careful to not allow that pain to define who we are and what God wants to do in our lives. In life, there's a decision we have to make. Are we going to move on, let Jesus heal us, and become the person God wants us to be?

Three Things about Relational Wounds:

1. Relational wounds can keep us from our potential.

Read Psalm 73:21-22

Why do people who are wounded relationally make bad decisions? Why is it necessary to be careful of making permanent decisions quickly after being wounded?

You need to have people in your life that can help you and speak truth when you are hurt because often our perspective is thrown off.

2. Relational wounds can pollute our other relationships.

Read Hebrews 12:15

This verse talks about the affect of bitterness in our lives. Why is bitterness so important to deal with and root out? How can retaining bitterness have far reaching effects in our lives?

Bitterness does three things: 1) It makes you defensive and self-protective. 2) It makes you distant or withdrawn. 3) It makes you demanding and controlling in your approach to others.

3. Relational wounds can damage our relationship to God.

Read Mark 11:25

Why do you think it is so important to be able to forgive others? Why does God place such a high importance on forgiving others? What can you do to assure you forgive others??

The Bible says that we can't say we love God and not love other people. The horizontal relationships will ultimately determine our vertical relationship with God.

There is a process in healing our broken hearts and wounds.

Read Psalm 147:3

Three Practical Steps to the Healing Process:

1. Reveal the hurt.

Read Psalm 32:3 and 39:2

What happens when we do not deal effectively with our wounds?

2. Release the people involved.

Read Matthew 18:21-22

What happens if we choose to hold on to our wounds? Who has the capability to release our wounds?

3. Refocus on God's plan for your life.

Read Genesis 50:19-20

Why is it important to follow God's plan for our lives in spite of the wounds we experience?

Prayer

Pray that each group member would seek to release the wounds in their lives that may be a result of others hurting them. Pray that all God has done for him or her will result in them being relieved of baggage in their life. Take time to pray for the needs of the people in your group and that they might experience the love of God.