

Doing a personal “Baggage Check”

Here’s how to do your personal baggage check. Carefully and prayerfully, look over the list and identify the areas where you are carrying sinful baggage. You’ll notice there are three suitcases in front of each topic. That’s to help you indicate how much baggage you carry in various areas. If you have an occasional problem in an area, check one bag (☒). If you have an ongoing, regular problem in that area, check two bags (☒☒). If you have a big problem in that area, check all three bags (☒☒☒).

If you want to really do a thorough baggage check, ask a family member or close friend to fill out the form about you.

The luggage list that follows is largely based on Romans 1 and Galatians 5. In these two chapters Paul catalogues some of the “acts of the sinful nature” (Galatians 5:19).

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Self-centeredness: A life centred around pleasing yourself rather than glorifying God; a me-first attitude in life.

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Sexual impurity: A degrading of God’s purposes for sexuality through pornography, lustful thoughts, and sexual activity outside marriage.

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Greed: A selfish desire to acquire (money, possessions, things); a continual discontent with what you currently have.

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Envy: An attitude of disappointment and dissatisfaction when others prosper or succeed.

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Murder: Before you skip past this one, remember that Jesus put anger in the murder category (Matthew 5:21-22). A quick and hot temper that flares up to scorch and damage others.

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Strife: A tendency to be contentious; quick to quarrel; argumentative.

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Deceit: Intentionally misleading others; concealing the facts to cover the truth. Hypocrisy.

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Malice: Holding grudges for past hurts. Harbours bitterness that shows up in harsh, sarcastic words or cold, unkind actions.

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Gossip: Passing along information about others that should be kept to yourself or disclosed only to those who are part of the solution.

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Slander: Speaking against others to tear them down. A critical spirit.

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Boasting: Attempts to draw attention to yourself to gain approval or praise from others; an exalted estimation of yourself.

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Disobedient to parents A stubborn, resistant or defiant attitude towards parental authority. Failing to honour father and mother.

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Faithless: A lack of confidence in God, a disposition to worry or complain, a tendency to doubt God's love or power when life gets hard.

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Heartless: A heart that is callous and insensitive to the needs and pains of others. An inability to empathize with another person's sorrow.

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Ruthless: A vicious determination to get your own way even when it means hurting others.

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Approving of evil: Vicariously supporting evil by approving what is disapproved of by God.

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Witchcraft/Occult: Dabbling or diving into the dark side of spiritual power. Agreeing with Satan's lies about God or His Word.

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Hatred: A settled, ongoing feeling of ill will towards someone.

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Discord: A pattern of causing or contributing to relational friction; a history of leaving a trail of broken relationships behind you.

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Factions: A tendency to divide up into cliques that intentionally exclude people who don't fit in with your group.

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Drunkenness: Abusing alcohol (or other substances) to the point of being impaired—physically, emotionally, relationally, or spiritually.

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Other luggage (not on this list): _____

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Other luggage (not on this list): _____

Choose the Luggage You Want to Lose: Now that you've done a baggage check, it's time to focus on the baggage you most need to get rid of. While your desire should be to lose it all—in fact, you won't have much success in losing *some* of your sinful baggage until you want to lose it *all*—it's hard to focus on getting rid of all of it at once. So prayerfully select one or two kinds of baggage you most want to lose. For some it may be envy and malice. For another person it may be sexual impurity and deceit.

The baggage I want to lose: 1. _____
2. _____