

# Emotional Baggage

God's hope and help  
for the hurting



*So many people today are carrying around emotional baggage. They're dealing with broken families, broken marriages, abusive relationships, or just a lack of feeling cared for. They're constantly struggling with feelings of being unloved, of low self-esteem, of powerlessness and hopelessness. Yet, often we don't even recognize this is going on in other people. We're too busy to take the time to notice. Many times hurting people hide what's going on inside because they feel ashamed and afraid to let anyone in. We'd probably be surprised at how many of these people are sitting next to us in church every weekend. In this series we'll seek to become more aware of the hurting people around us and their struggles. We will search God's Word to find promises of hope and help. We'll talk about how we can hold out this hope to others or cling to it ourselves.*

**(September 29<sup>th</sup>- October 1<sup>st</sup>) "You Won't Be There for Me"**

Pain and trouble cause many to feel that they will always be alone, that they have no one to fight for them but themselves. At times, they may even feel that, because of their faults and failings, everyone ought to turn away in revulsion. God will never leave or forsake his child. On the Festival of St. Michael and All Angels, it becomes even more clear that our God is always with us, and sends his powerful angels to protect, defend, and serve us!

**(October 6<sup>th</sup>-8<sup>th</sup>) "I Have No Power"**

It's pretty crushing to feel powerless in a situation; like there's nothing you can do to change your circumstances, or to change yourself. When a person feels they have no power or control, they carry around the emotional baggage of fear and hopelessness, which rob them of any desire or hope to change their situation. At these times God is our strength and deliverer, showing us the power we have in him, even when we at times feel powerless!

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**(October 13<sup>th</sup>-15<sup>th</sup>) “You Don’t Care About Me”**

When individuals have been deeply hurt, or consistently let down by those they love, it’s easy for them to start thinking that no one really cares. But there is someone who holds them in his heart at all times; who cares about them more than anyone or anything else; who will never let them down!

**(October 20<sup>th</sup>-22<sup>nd</sup>) WELS Mission and Ministry Weekend—“To the Ends of the Earth”**

**(October 27<sup>th</sup>-29<sup>th</sup>) “I Am Worthless”**

Your looks. Your job. Your money. Your abilities. Your family. The devil desperately wants us to think that these are the things that give our lives value and worth, and that everyone else in the world has worth except us. Yet, every child of God is precious in his sight. By nature of your identity in Christ, you are worth everything to God! Even worth sacrificing his own Son, so that you might be saved for eternity!