

A tall, precarious stack of luggage, including suitcases, bags, and boxes, is piled high on a white airport cart. The cart is in a large, brightly lit airport terminal with a high ceiling and structural beams. In the background, other airport activity is visible, including a person walking and another cart. A speech bubble is overlaid on the left side of the image.

THE THINGS WE SAY:
**I've Got Too
Much Baggage!**

Free allowance

Depending on travel class

Upper class

32kg **32kg** **32kg**
max max max

Premium economy

23kg **23kg**
max max

Economy

23kg
max

Infants

23kg
max

Additional allowance

Add as many as apply

Gold card holders

23kg
max

Sporting allowance

32kg max
Including:
• skis or snowboard
• tennis racket bag
• diving equipment
• cricket bag

Economy flights:

to Kenya and Nigeria
between USA and India

23kg
max

Paid-for allowance

Up to 10 bags

Book in online

Each extra bag

23kg £32 each way

23kg Must be booked
in at the airport

Book in at airport

1st extra bag

23kg £40 each way

32kg £70 each way

Other extra bags

23kg £90 each way

32kg £120 each way

What's personal baggage?

It's the emotional, physical, spiritual or social elements of our personal histories that remain unresolved.

What do we mean by baggage?

It's the emotional, physical, spiritual or social elements of our histories that remain unresolved.

relationships from the past, broken relationships with your parents or family members, physical injuries or ailments, abortion, addictions, resentment, anger, bitterness, worshipping false gods, superstitions from your past,

Dealing With Baggage.

1. How much it costs to bring it with us
2. How much it costs to leave it behind

. But there's a difficulty in both of these, there is genuine cost in both of these aspects.

Someone needs to pay.

And you need to leave it behind.

9 Meanwhile, Saul was uttering threats with every breath and was eager to kill the Lord's followers. So he went to the high priest.² He requested letters addressed to the synagogues in Damascus, asking for their cooperation in the arrest of any followers of the Way he found there. He wanted to bring them—both men and women—back to Jerusalem in chains.

³ As he was approaching Damascus on this mission, a light from heaven suddenly shone down around him.⁴ He fell to the ground and heard a voice saying to him, "Saul! Saul! Why are you persecuting me?"

⁵ “Who are you, lord?” Saul asked.
And the voice replied, “I am Jesus, the one
you are persecuting! ⁶ Now get up and go
into the city, and you will be told what you
must do.”

⁷ The men with Saul stood speechless, for
they heard the sound of someone’s voice but
saw no one! ⁸ Saul picked himself up off the
ground, but when he opened his eyes he was
blind. So his companions led him by the hand
to Damascus. ⁹ He remained there blind for
three days and did not eat or drink.

Saul had a lot of baggage.

1. Murder

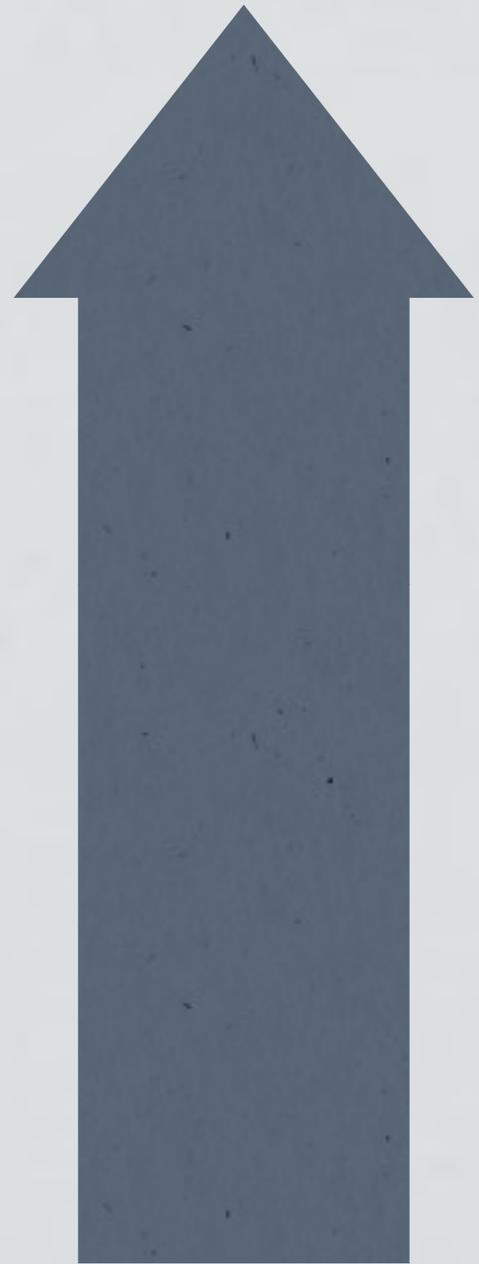
2. Blasphemy

3. Arresting Christians

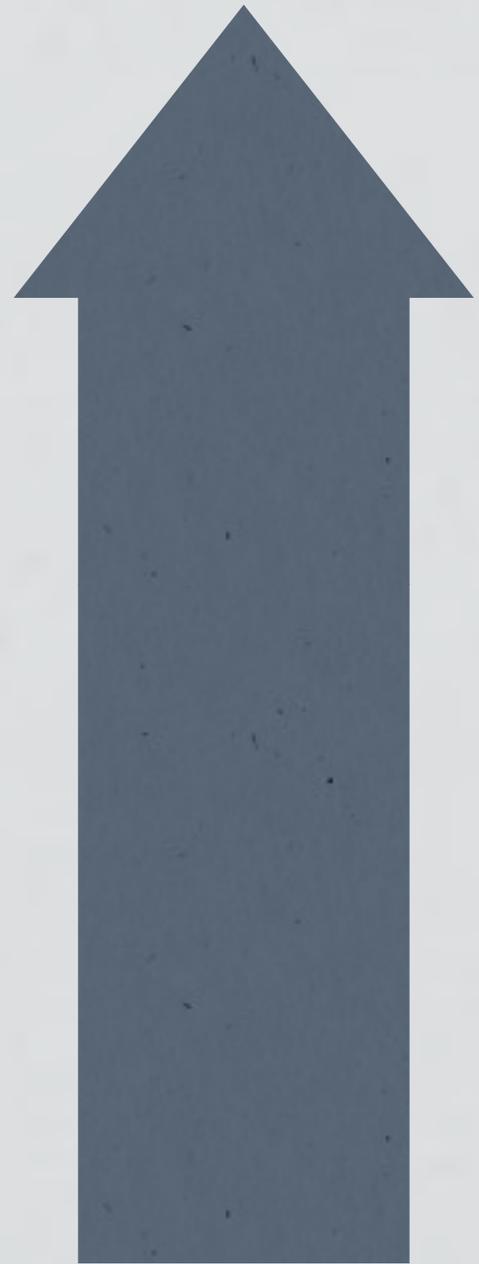
1. There are some things you can't just leave behind. As much as we'd like to simplify things, there are some things that we can't leave behind. Crimes we've committed, physical disabilities, long term illnesses – sometimes those things stay with us. But we need to figure out how to get up into the air even with those things.

2. Then there are the things we need to leave behind. Where some things in the past we need to move on from

The path to dealing
with your baggage is
to deal with the
Vertical Component



**What is the
Vertical Component?**
It is your relationship
with God.



Why? Someone needs to Pay for the baggage, and someone needs to deal with the baggage that you leave behind. Who's going to do that? You need someone outside of yourself to do it. You aren't able to do it yourself.

8 Saul picked himself up off the ground, but when he opened his eyes he was blind. So his companions led him by the hand to Damascus. 9 He remained there blind for three days and did not eat or drink.

Actually we see Paul himself share what happens. What he realises about God.

12 I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. 13 Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. 14 The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus

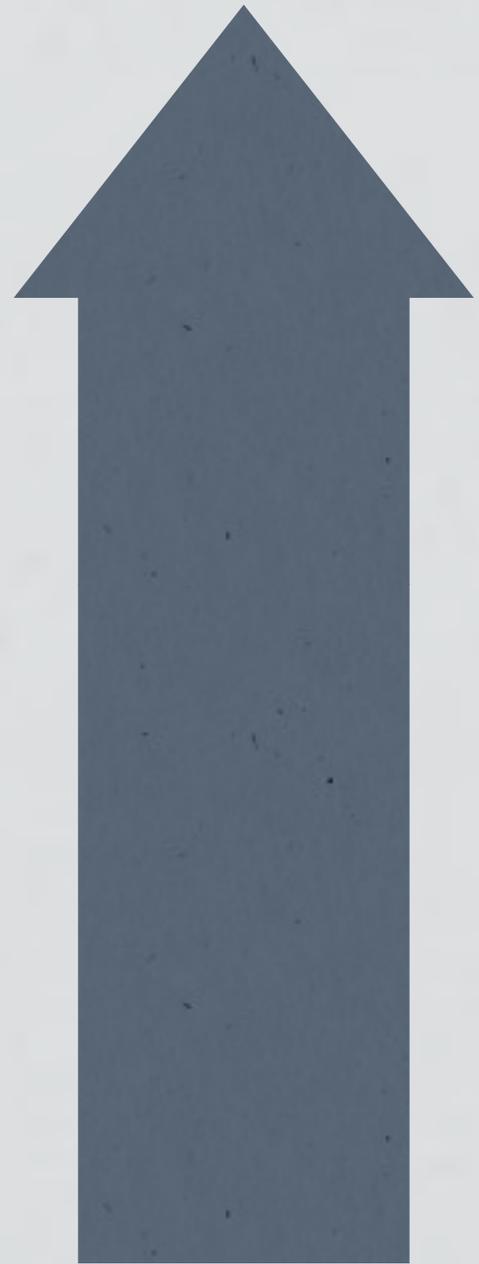
1 Timothy 1:12–17

He is guilty even because of his ignorance. It's no excuse.
The GRACE of God was poured out.
And faith and love.
Whereas he used to live by

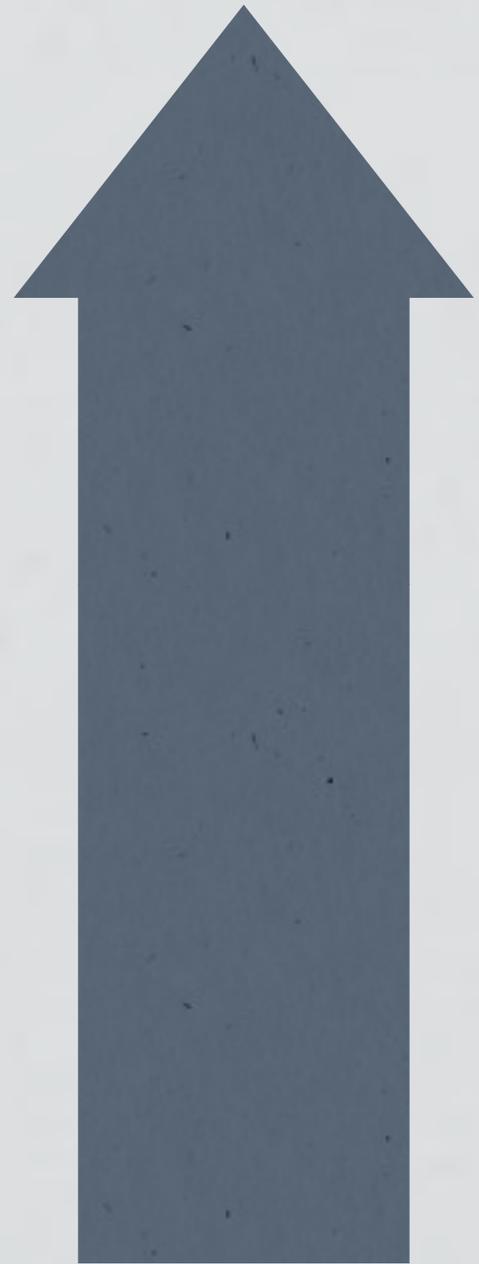
15 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. 16 But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life. 17 Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

1 Timothy 1:12–17

**God's Grace deals
with the baggage
that you have.**



**Forgiveness from guilt.
Freedom from shame.
Deliverance from past.**



Vertical Component

1. Settle your baggage with God.
2. Receive his mercy
3. Trust in his grace.



Horizontal Component



What we don't remember is that there's also this horizontal component. And that's often the most difficult part.

For many of us, we believe God will forgive us. And that God's grace will take us back.

But our problem comes in our relationships with one another. Even though we might experience God's grace vertically, how do we live with each other still?

Saul had a lot of baggage.
God forgave him, but could people?

How did the early church forgive him? Would they be willing to? After all, this man killed their friends!

10 Now there was a believer in Damascus named Ananias. The Lord spoke to him in a vision, calling, “Ananias!” “Yes, Lord!” he replied.

11 The Lord said, “Go over to Straight Street, to the house of Judas. When you get there, ask for a man from Tarsus named Saul. He is praying to me right now. 12 I have shown him a vision of a man named Ananias coming in and laying hands on him so he can see again.”

13 “But Lord,” exclaimed Ananias, “I’ve heard many people talk about the terrible things this man has done to the believers in Jerusalem! 14 And he is authorized by the leading priests to arrest everyone who calls upon your name.”

1 Timothy 1:12–17

15 But the Lord said, “Go, for Saul is my chosen instrument to take my message to the Gentiles and to kings, as well as to the people of Israel. 16 And I will show him how much he must suffer for my name's sake.”

17 So Ananias went and found Saul. He laid his hands on him and said, “Brother Saul, the Lord Jesus, who appeared to you on the road, has sent me so that you might regain your sight and be filled with the Holy Spirit.” 18 Instantly something like scales fell from Saul's eyes, and he regained his sight. Then he got up and was baptized. 19 Afterward he ate some food and regained his strength.

1 Timothy 1:12–17

Horizontal Component



it's like being on an airplane but everyone hates you.

15 But the Lord said, “Go, for Saul is my chosen instrument to take my message to the Gentiles and to kings, as well as to the people of Israel. 16 And I will show him how much he must suffer for my name's sake.”

It starts with a healthy vertical component.
As believers, when we are recognising the grace of God, and trusting in God, we discover the power to forgive and accept.

26 When Saul arrived in Jerusalem, he tried to meet with the believers, but they were all afraid of him. They did not believe he had truly become a believer! 27 Then Barnabas brought him to the apostles and told them how Saul had seen the Lord on the way to Damascus and how the Lord had spoken to Saul. He also told them that Saul had preached boldly in the name of Jesus in Damascus.

The second part is living in the changed life. Because Paul's vertical relationship with God was healthy, it was reflected in his life. And so people began to receive him.

28 So Saul stayed with the apostles and went all around Jerusalem with them, preaching boldly in the name of the Lord. 29 He debated with some Greek-speaking Jews, but they tried to murder him. 30 When the believers heard about this, they took him down to Caesarea and sent him away to Tarsus, his hometown.

31 The church then had peace throughout Judea, Galilee, and Samaria, and it became stronger as the believers lived in the fear of the Lord. And with the encouragement of the Holy Spirit, it also grew in numbers.

We see that the believers begin to receive him because of the changed life.

A healthy vertical relationship helps our

Horizontal Component

To the sinner:

1. Focus on Christ
2. Trust in his Grace

To the brothers and sisters:

1. Focus on Christ
2. Forgive and accept them.

⁵ May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, ⁶ so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

⁷ Accept one another, then, just as Christ accepted you, in order to bring praise to God.

Romans 15:5–7

1. If we have received mercy, then we need to show mercy to others:
 - a. if you are struggling to forgive someone then look to Christ.
2. If you're struggling to receive forgiveness from people:
 - a. look to Christ – and continue to follow Him.

You cannot force someone to forgive you.

We are all called to trust in God, and what he has done– from that we will be able to share the grace of God with one another.

COMMUNION

1. Vertical Component
2. Horizontal Component