

**Leave the Baggage Behind**  
**How to Stop Living as If God Is Far Away and Uninvolved**

1. \_\_\_\_\_

\_\_\_\_\_ : **1 John 4:8–9** *Whoever does not love does not know God, because God is love.*

\_\_\_\_\_ : **Romans 5:8** *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

**God will be** \_\_\_\_\_ : **Matthew 28:20** *And surely I am with you always, to the very end of the age.*

**God will** \_\_\_\_\_ :  
**1 Peter 5:7** *Cast all your anxiety on him because he cares for you.*

*God's love doesn't actually reach all the way down to where I really am, so I cannot trust Him with this.*

I can't full trust God with \_\_\_\_\_ because if I did, He might \_\_\_\_\_

*Do you live as if God's love is trustworthy here? In this problem, this delay, this painful situation, this unmet desire?*

2. \_\_\_\_\_

- You are love (*He is not just loving – He is love*)
- You love me
- You have proven your love for me by dying for me
- Your promises assure me you love me
- Love means you “will the good for me”
- That love extends to this very situation I’m facing now

**Because your love reaches here, I expect to see your activity in this situation. My confidence is in you and I am excited to see what you will do.**

**Pick 1 thing that is not going right in your life:**

**How much confidence do I have that I will see the activity of God in this area?**

**(1 = No confidence/ 100 = Full confidence)**

*If our minds are not possessed with this idea that God really is love and that reaches all the way down to where we really are, we fall into what is common to all temptation and that is the idea that we cannot trust God. Dallas Willard*

**1. PRESSURE/PACE CHECK**

- Am I feeling pressure right now? Anxiety? Fear? Anger?
- Is there an *'I've got to solve this NOW'* quality to my thinking?
- Do I feel the pull to escape into numbing experiences?

**2. THOUGHT CHECK**

- What am I trying to control or solve that's stressing me?
- What am I afraid will happen if I don't secure this outcome myself?
- What does that reveal about what I believe about God's love reaching down to where I really am?

**3. TRUST CHECK**

*Am I living as if God's love is trustworthy here—in this pressure, this delay, this fear, this problem, this unmet desire?*

**4. HEART RESET**

*Father, you aren't just loving, you ARE love. This extends to me. You love me. This means you are willing the good for my life right now. You want me to live in your grace (to see your activity). I choose to place my confidence in you and the fact that you are helping me with [name the specific thing]. I'm confident I will experience your grace and love because I am your “special possession” (1 Peter 2:9)*