

BAGGAGE CLAIM: FINDING FREEDOM IN CHRIST

Day One: The Weight We Were Never Meant to Carry

Scripture: “Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7

I’ve recently realized—without even knowing it—that I’ve been carrying my kids’ problems and other family members’ problems around. Over time, they started to really weigh on my emotions and stress level. I’ve been to therapy in the past and learned the importance of handing problems back and recognizing the difference between *helping* and *holding*. But in a recent conversation, when I chose to hand a problem back, I was told, “So you’re just going to abandon me?” My answer was simple: “No, I’m going to let you live your life. Your problems, your solutions. But just know—I’m your mom, and I will always be here for you.”

That moment reminded me how easy it is to carry what doesn’t belong to us. A friend’s drama, a family member’s choices, someone else’s anger—suddenly their burdens become our baggage. On top of that, we might already be hauling guilt from the past, shame over mistakes, worry about tomorrow, grudges from yesterday, and the exhausting pressure to keep up with others. No wonder life feels so heavy.

The truth is, we were never designed to carry the weight of the world—or even the weight of another person’s decisions. There is a big difference between *helping someone* and *holding their baggage*.

- **Helping** is coming alongside with love and support—praying for them, listening without judgment, offering encouragement, or pointing them to God’s truth. Helping is like steadying someone as they carry their own suitcase—it strengthens them while keeping the responsibility theirs.

- **Holding their baggage** is different. That's when we strap their problems to our back, take ownership of what isn't ours, and wear ourselves down trying to fix what only God can. Instead of pointing them to Jesus, we end up dragging both of us down.

Helping is healthy. Holding is heavy. Scripture gives us balance: "Carry each other's burdens" (Galatians 6:2) and "each one should carry their own load" (Galatians 6:5). We are called to love and support—not to live under the weight of someone else's choices.

Jesus offers a better way: "Cast all your anxiety on Him because He cares for you." Casting means throwing, not gently placing. It's an intentional release. God is strong enough to carry what we can't, and loving enough to want to.

Reflection:

- What weight are you carrying that actually belongs to someone else?
- Are you confusing helping with holding?
- Picture yourself at an airport baggage claim. Which suitcase is yours to take, and which ones do you need to leave behind?

Prayer:

Lord, I confess I've been carrying more than You ever asked me to. Today I release the guilt, shame, worry, grudges, and the pressure to keep up. I hand back the baggage that doesn't belong to me. Teach me the difference between helping and holding so I can love others without losing myself. Help me to walk lighter in Your freedom, trusting that You are big enough to handle it all. In Jesus Name We Pray, AMEN!