

## Burn the Baggage – Day One

### Watch What You Carry (and Who You Carry It With)

#### Scripture:

*“Don’t befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.” Proverbs 22:24-25 (NLT)*

You may not think anger is contagious—but it is.

Spend enough time around negativity, and you’ll start speaking it. Sit in environments filled with tension, and you’ll start carrying it. What you’re around eventually gets *in you*.

Think about it like smoke. You don’t have to be the one holding the fire—just standing close enough will make you smell like it.

Some of the anger you’re battling didn’t even start with you. It was picked up in conversations, environments, relationships. You inherited reactions you never meant to carry.

God is warning us here—not just about *our* anger, but about what influences it.

If you’re constantly around people who snap, complain, explode, or stay offended, it shapes your spirit. And over time, it doesn’t just affect your mood—it affects your soul.

Today is a good day to ask:

**Who or what is feeding my anger?**

Because you can't burn baggage you keep picking back up.

### **Real-Life Check**

Have you ever noticed how one negative conversation can ruin your whole day? That's not random—that's influence.

### **Prayer**

Lord, help me recognize what's shaping my heart. Give me wisdom to step away from anything that feeds anger instead of peace. Teach me to guard my spirit. In Jesus Name We Pray, Amen.