

## Burn the Baggage – Day Five

### Freedom Feels Better Than Being Right

**Scripture:** *“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” Colossians 3:13 (NLT)*

At some point, this becomes a decision.

Not a feeling. Not a moment of emotion.

A decision.

Because if you wait until you *feel* ready to forgive... you may be waiting a long time.

Let’s be real—holding onto anger can feel justified.

They were wrong.

They hurt you.

They said what they said. They did what they did.

And nothing about that is being minimized.

But here’s the tension:

**You can be right... and still be bound.**

Because anger has a way of chaining you to the moment.

It replays conversations.

It keeps wounds fresh.

It drains your peace while the other person may have already moved on.

Forgiveness is not about pretending it didn't happen.

It's about deciding it won't control you anymore.

It's not saying, "That was okay."

It's saying, "**I'm not carrying this anymore.**"

And that's what burning the baggage looks like.

## **The Truth We Don't Always Say Out Loud**

Sometimes we hold onto anger because it feels like control.

Like if we let it go, they "get away with it."

But forgiveness doesn't remove accountability—

it removes **ownership of the pain** from your life.

You're not releasing them from God's justice.

You're releasing yourself from the weight.

## Real-Life Picture

It's like gripping something so tightly for so long that your hand cramps.

You've gotten used to the pain... but the moment you let go, you realize how much it was affecting you.

## Hard Question

What am I still holding onto that God has already told me to release?

A name?

A moment?

A season?

## Practical Step

Say it out loud today—even if it feels forced at first:

**“I choose to forgive.”**

Not because they deserve it.

But because you deserve freedom.

And then—this is important—stop rehearsing it.

Every time your mind goes back, gently redirect it. That's part of the process.

## What Forgiveness Is (and Isn't)

- It **is** release
- It **is** obedience
- It **is** healing in progress
- It is **not** forgetting
- It is **not** excusing
- It is **not** immediate trust

Forgiveness is the door. Healing walks in behind it.

## Closing Truth

You've carried this long enough.

You don't have to carry it into your next season.

You don't have to take it into your next relationship.

You don't have to let it shape who you're becoming.

Freedom is lighter.

Freedom is quieter.

Freedom is better.

## Prayer

Lord, I'm done carrying what's been weighing me down.

Help me release the hurt, the anger, and the need to be right.

Teach me to forgive the way You forgave me—fully, freely, and without holding back.

I choose freedom today. In Jesus Name We Pray, Amen.