

Burn the Baggage – Day Two

The Weight You Weren't Meant to Carry

Scripture:

“Get rid of all bitterness, rage and anger...” Ephesians 4:31 (NIV)

Anger is heavy.

Not just emotionally—physically, spiritually, mentally. It drains you. It keeps you up at night replaying conversations, holding onto what was said, what wasn't said, what should have been said.

It's like carrying a suitcase everywhere you go... filled with old arguments, hurt feelings, and unresolved moments.

And here's the truth:

Just because something hurt you doesn't mean you're supposed to carry it forever.

God didn't say “manage it.” He said **get rid of it.**

That means some of what you're holding onto—He's asking you to release.

How many times have you been exhausted—not from what happened today, but from what you're still carrying from yesterday?

Prayer

God, I'm tired of carrying what You never asked me to hold. Give me the strength to release anger, bitterness, and hurt. Help me travel lighter. In Jesus Name We Pray, Amen.