

Baggage: slows, robs, blocks

- Pain, patterns, perspectives we accumulate
- Mindsets we develop

Baggage: if we fail to deal with issues today, they will deal with us tomorrow

Baggage of Distraction

- Distraction: *a pulling apart, separating, drawing of the mind in different directions*

Devil does not need to destroy us IF he can distract us.

Luke 2:22-24

And when the days of their purification according to the law of Moses were finished, they brought Him {Jesus} up to Jerusalem to present Him to the Lord ²³ ...as it is written in the law of the Lord...

Luke 2:36-37a

There was also a prophetess, Anna, a daughter of Phanuel, of the tribe of Asher. She was well along in years, having lived with her husband seven years after her marriage, ³⁷ and was a widow for eighty-four years ...

Anna's Journey:

- Loss
- Negative emotions
- Imagination (*thought life of the ideal life*)
- Expectations: personal & cultural

We accumulate “baggage” not because of what happens to us but how we respond to it.

Questions that must be settled:

- 1) What will be our definition of living?
→ This definition will get our attention.

Questions that must be settled:

- 1) What will be our definition of living?
- 2) What voices do I need to silence?
→ The issue of a divided ‘heart’

Luke 2:37b-38

... She **did not leave** the temple, **serving** God **night and day** with fasting and prayers. ³⁸ At that very moment, she came up and began to **thank** God and to speak about Him to all who were **looking forward** to the redemption of Jerusalem.

Anna's Answers:

- a) Christ is **LIFE**; not a life **accessory**.
- b) **Devotion & consecration** through **concentration**.
- c) Concentration facilitates **transformation**.

2 Corinthians 3:18 (ESV)

And we all, with unveiled face, **beholding the glory of the Lord**, are being **transformed** into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

- 1) There are **no rivals** to God.
- 2) God—in Himself—generates the highest **devotion & love**
 - a) Love of **gratitude**
 - b) Love of **excellence**
- 3) Being **Christ-centered** produces the freedom & joy of **self-forgetfulness**

Tendency to connect every experience with **myself**.

vs.

Attentiveness to God

- Assess our level of **distractedness**
- Grow with our **"No's"**
- Make God **habit**