

How to Let Go of Your Emotional Baggage So You Can Fully S.E.R.V.E

By Chou Hallegra

What is Emotional Baggage? Emotional baggage refers to negative, unprocessed emotions from past experiences.	Emotions to Watch for: <ul style="list-style-type: none">• Anger• Resentment• Fear• Guilt• Shame• Regret
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How to Let Go

Seek Support and Counsel <i>Ecclesiastes 4:9 (NKJ)</i> “Two are better than one because they have a good reward for their labor.” <i>Mark 6:7 (Niv)</i> “Jesus called the twelve and began to send them out two by two” <i>Luke 10: 1 (NIV)</i> “After this the Lord chose another seventy-two men and sent them out two by two, to go ahead of him to every town and place where he himself was about to go” <i>Proverbs 11:14 (NKJ)</i> “Where there is no counsel, the people fall; But in the multitude of counselors <i>there is safety.</i> ” (Also in Proverbs 15:22 and Proverbs 24:6)	Examine and Empty Yourself Daily <i>1 Corinthians 11:28</i> Examine yourself before communing with the Lord <i>Galatians 6:4</i> Examine self, not in comparison with anyone <i>Lamentations 3:40</i> “Let us search out and examine our ways, and turn back to the Lord”
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<p style="text-align: center;">Re-establish What Has Been Broken</p> <p><i>Romans 12:8</i> “If it is possible, as much as depends on you, live peaceably with all men.”</p> <p><i>Colossian 3:33</i> “Bear with one another, and forgive one another, if anyone has a complaint against another; even as Christ forgave you, so you also <i>must do</i>.”</p>	<p style="text-align: center;">Validate What You Are Feeling But Don't Become Victim to It</p> <p><i>Romans 12:2 (ESV)</i> “ Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”</p> <p><i>Ecclesiastes 3: 1,4 (NIV)</i> “There is a time for everything under the sun...A time to weep, and a time to laugh; a time to mourn, and a time to dance”</p>
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<p style="text-align: center;"><i>Embrace His grace for yourself and others</i></p> <p><i>Ephesians 2:8-9 (NIV)</i> “ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.</p> <p><i>Matthew 5:7 (NIV)</i> “Blessed are the merciful, for they shall obtain mercy.”</p>	<p><i>Grace</i>: endowing unmerited favor</p> <p><i>Mercy</i>: withholding deserved punishment</p>
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S.E.R.V.E.

Other Resources By Chou:

- [Are You Emotionally Bankrupt?](#)
- [40 Ways to Calm Anxiety](#)
- [Start Loving Yourself From The Inside Out](#)