Pearls of Light

“Unwanted Baggage”
Pearls of Light

Pearl Nuggets

There a shifting taking place in your life today.

– Wise up
– Rise up
– Stand firm
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Pearl Nuggets

When you carry around baggage it:

- Weights you down
- Holds you back
- Keeps you in bondage
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Pearl Nuggets

• Baggage is not God’s best for your life.
• God wants you whole in every area of your life.
• You are Victorious!

Ladies of Destiny
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The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10 KJV
Depression

- Mind – Thoughts
  - Lack of Confidence
    - Woe is me
    - Nothing good ever happens to me
  - Worthlessness
    - Life is not worth living
    - Blaming yourself

- Emotions/Feelings
  - Sad
  - Unhappy
  - Guilt
  - Shame/Disgrace
  - Overwhelmed

- Physical Symptoms
  - Fatigue
  - Irritable
  - Run Down
  - Sick

- Behavior
  - Withdrawn
  - Procrastinate
  - Want to sleep

If cardio burns calories, why should women spend their time lifting weights?
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- Fear
  - False evidences appearing real
    - Rejection
    - Inferior
    - Inadequacy
    - Being alone
    - Not having enough
    - Getting old
    - Losing a job or a love one
    - Change

- Anxiety

- Grief
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- Addictions
- Dependency
- Denial
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Abuse

- Low self-esteem
- Doubtful
- Distrust
- Embarrassed
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Abandoned
- Low self-esteem
- Rejection
- Inferior
- Inadequacy
- Lack of self-worth

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- Jealousy
- Envy
- Resentful
- Prideful
- Selfish
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- Un-forgiveness
- Bitter
- Hatred
- Discontent
- Anger
- Hostility
God is our refuge and strength, a very present help in trouble.

Psalm 46:1 (KJV)
Pearl Nuggets

- You are set free through the shed blood of Jesus
- We have Freedom in His Name
- We have Freedom in His Word
- We have Freedom in His Grace
- We have Freedom in His Mercy
- We have Freedom in His Love
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- Begin your day by seeking God
  - Reading His word
  - Meditating on His word
  - Giving praise unto God
- Pray and ask God for direction
  - Ideas
  - Insights
  - Concepts
- Ask for wisdom, knowledge and understanding

- Listen for guidance from the Holy Spirit
- Be obedient to the will of God
  - Yielding your will unto God’s will
- Expect God to move on your behalf
  - Have a forgiving heart
  - Have a thankful heart
  - Don’t be discouraged
  - Don't despise small beginnings
- Focus on the mission God has assigned you

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Pearl Nuggets

• The only obstacle to success in your life is yourself
• You can’t claim victory and defeat at the same time
Matthew 11:28

Come to Me, all you who labor and are heavy laden, and I will give you rest.
- Laden = overloaded, burdened, weighted down, empty

Psalm 46:1

God is our refuge and strength, a very present help in trouble.
- Refuge = protection, sanctuary, shelter
- He will be your protection in your time of need
- He will shelter you from harm
- God is your redeemer and deliverer
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- Whole
- Victorious
- Empower

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May the LORD smile on you and be gracious to you.

Thank you!!!!!!