

# Resolving the Inner Baggage

*Sermon Series: Staying in Love*

Proverbs 4:23

## **STAYING IN LOVE IS SO DIFFICULT**

I. The Problem: We bring Baggage into our Relationships.

II. The Solution: Guard Your Heart

## **RESOLVING THE INNER BAGGAGE**

Practical Steps to Guard Your Heart

1. Stop, Think, and Name it.
2. Say It Out Loud. (To Yourself)
3. Share It With Your Partner. (When Appropriate)
4. Receive it with Understanding.

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