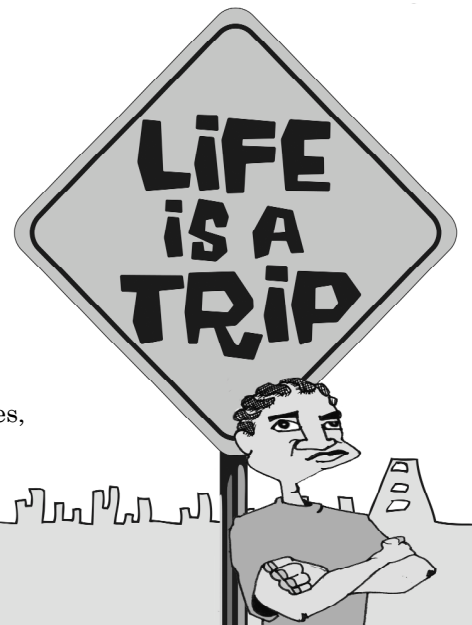


What junk is in your TRUNK?



Have you ever been weighed down by heavy thoughts? You are not alone.

We all carry around our own baggage. Junk in our own personal trunk. It can weigh us down just like a super-sized suitcase. This junk includes bad memories, like somebody who did something wrong to you that you kept it a secret.

Or, you might be carrying around a lot of anger towards your Dad who left who. Other junk could be feeling guilty because of something wrong that you did. Or maybe you feel bad or ashamed because someone you love spends

their rent money on drugs. But did you know Jesus can clean the junk out in your trunk? Even the gunkiest, trashiest stinkiest junk? Jesus can lighten your load if YOU let HIM. He can help YOU deal with heavy stuff. What does the Bible say about lighting up your load? Look up these verses then write them down.



FORGIVING OTHERS **EPHESIANS 4:32**



LETTING GO OF ANGER **EPHESIANS 4:26-27**



A NEW CLEAN TRUNK **1 JOHN 1:9**

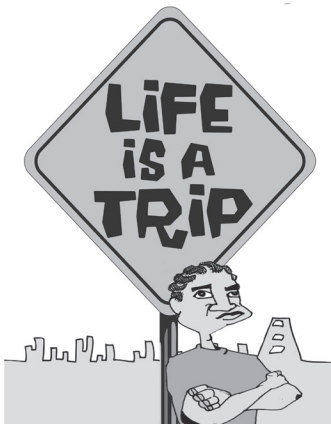
DE-GUNK YOUR TRUNK!

Come to Me, all who are weary and heavy laden, and I will give you rest. Take my yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls.
For my yoke is easy, and My load is light. Matthew 11:28-30



BE WISE. MEMORIZE.





Clean out your Trunk

Think about the gunk in your trunk. It's time to lighten you load and get rid of whatever is weighing you **DOWN**.

Think of someone you have a hard time **FORGIVING**.

Write down their name. What happened?

What's something that you have a hard time forgiving **YOURSELF** for doing?

Write down the name of someone **YOU HURT**. _____

Do you need to ask for forgiveness? _____

Sometimes, we have a **LOT** of **PAIN** in our **HEARTS**. Write down and pray about something inside that **HURTS** you.

Gunk Uncovered! What kind of gunk have you uncovered in the church van? Was any of that gunk **YOURS**?

I BRAKE FOR FORGIVENESS!

Learn how to forgive others and especially yourself. God forgets about your past mistakes. You can, too. Learn from them and move on.

