



007 Luggage

www.nooma.com

“Everyone I know has wounds.
And some are small, kind of petty, you know. You just need to get over it.
But for a lot of people they’re big and serious and deep wounds.”

What kind of wounds do you have?

“You thought you were over it but now you’re more into it than ever and the wound is reopened and it hurts more than ever, and then it becomes a day or a week or 10 years later and now it’s become like a part of you.”

How have your wounds shaped who you are today?

Don't insist on getting even; that's not for you to do.

“I'll do the judging,” says God. “I'll take care of it.”

-Romans 12:19 (MSG)

“You can't shake it and can't leave it behind, so then eventually what happens is revenge becomes our only hope.”

Have you ever really gotten revenge? If so, how did it make you feel afterwards? If we take revenge when we get hurt, do you think it's like saying to God, “I think I can handle this better than you”?

The LORD sees everything, whether good or bad.

-Proverbs 15:3 (CEV)

“The eyes of God are everywhere, so whatever was done to you, whatever wrong was done to any of us, God saw it, it was like God was right there.

If God's right there when people get hurt, why do you think he doesn't step in to stop it from happening? Do you trust that God is ultimately going to take care of everything?

“You know what, you don't understand. What they did to me is so horrible, I will never forgive them, I can't forgive them for what they did.”

But what if God said that?” Why is God's forgiveness of us so crucial of our forgiveness of others?

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

-Luke 6:37 (NIV)

“Sometimes forgiving is remembering and some people are going to keep returning to their vomit, and we don't have to be there when they do.”

Can we forgive somebody without being to be around them? Do you have people like that in your life?

“Maybe forgiveness is ultimately about me and about you, it’s about us. Because when I forgive somebody and I set them free, it’s like I’m really setting myself free.”

Do you believe forgiveness is really more about the one forgiving than the one being forgiven? Does that view on forgiveness make it easier to forgive?

“Forgiving is an action, it’s something you do.”

Are there people you need to forgive? If someone you need to forgive died before you made amends, what kinds of regrets would you have?

“So may you forgive as you’ve been forgiven, may you give to others what’s been given to you, may you set someone free and find out it was you, and may you do it today, because you might not have the chance tomorrow.”

My Notes:

****At the last second before filming the final scene, the stunt driver in the car that was about to get hit called on his radio, asking to have Rob come and pray over him.**