

# GIRL, LET IT GO!

✧ *by Candice Hubbard* ✧

**G**irl, let it go! Drop that baggage and travel light! Walk with me for a second as I take you on an overview of a personal journey of spiritual growth, life lessons, and personal testimony. As a woman of almost thirty-seven years of age as I write this, I can recall that at many times in my life, I have carried my own share of baggage that has slowed me down. Even at times deterring my own abilities to fully grasp the fullness of all that God has planned for my life.

I am quite sure that you too have had your own personal share of tests and messes, trials and tribulations. It's just the nature of this fallen world that we live in. Sisters, it is my prayer that you will have the confidence to drop your baggage and walk away from your past disappointments and restore balance, perspective, and peace of mind into your life. I challenge you to turn your tests into a testimony and your messes into a message that will, in turn, help others find the same. As scripture reminds us that "they triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death." (New International Version, Revelation 12:11).

In considering the above passage of scripture, I personally knew I could not sit back and let the call of God on my life just lie dormant as I go about business as usual in life without sharing my personal testimony and life lessons learned in a manner that could help someone else overcome similar life challenges. So what is baggage? According to the Oxford English dictionary, baggage can be defined as past experiences or long-held ideas regarded as

burdens and impediments. In order to fully grasp the scope of what baggage is, consider the following.

Maybe these statements resonate with you in some way: Life is hard or the struggle is real and all the other taglines, hashtags, and life clichés circulating social media and pop culture today. These are the usual words and phrases we use to explain to the world how tough our lives are or how bad we have it at the present moment. We are in essence making a deep-rooted cry for help. Help to carry a load that only Jesus can carry for us. Why do we do this? We behave in this matter because we live in a fallen world and Ephesians 6:12 reminds us why life can often seem like a struggle: “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and the spiritual forces of evil in the heavenly realms.”(New International Version). Let’s be honest, we are in a spiritual battle. We have to fight for the life God promises us here on earth as well as in heaven, which commands us to let go of the baggage of our pasts.

Is shame on you? Strange question right? Our baggage is oftentimes a result of deep-rooted guilt or shame from our pasts. Psalm 32:1-2 (The Living Bible) reminds us that when we release our guilt and shame we can find joy and happiness in Christ. Do you ever feel angry or resentful? In Job 5:2 we learn that “to worry yourself to death with resentment would be a foolish, senseless thing to do.”(Good News Translation). Essentially it doesn’t make sense or do us any earthly good to hold grudges. Amidst worrying about past shame or resenting someone who disappointed you, oftentimes we may also be carrying baggage because of deeply rooted fears as a result of something that happened in our past. The beauty is that 1 John 4:18 (The Message), reminds us that “well-formed love banishes fear,” meaning that we have no reason to fear anything because God loves us.

All baggage has its place and all people walking this earth are carrying their own individual share of it. Many times not even understand the source or root cause of it, how it affects their day to day or even hinders them from living out their full potential in

Christ. So stop dragging yesterday into today. Break free, drop the bags, and let's fly! Girl, let it go!