

MESSAGE NOTES

Carry On – Week 2

Inherited Bags

Exodus 20:5–6, 2 Corinthians 5:17

Story: The Bag She Did Not Pack

In 2004, an Australian woman named Schapelle Corby flew to Bali for vacation. When she arrived at the airport and went through customs, officials opened her luggage and found several pounds of marijuana inside. Corby broke down crying and insisted the drugs were not hers. She said someone must have placed the drugs in her bag during the flight. Whether she was telling the truth or not, her life changed in that moment. She suffered the consequences of carrying something she never packed.

Some of us are living that same reality. We are carrying emotional or spiritual weight that was handed to us. Pain we did not choose. Patterns we did not create. Baggage that never belonged to us.

The Good Stuff We Inherit

Not everything passed down to us is negative. There are blessings we did not earn but deeply benefit from:

- Faith that existed before we were born
- Strong work ethic
- Love for people and community
- A moral compass
- A praying grandmother or parent

The Psychology of Inheritance

Psychologists call it intergenerational transmission. We inherit more than genetics. We inherit:

- Emotional patterns
- Conflict styles
- Coping mechanisms
- The way love and worth were modeled

How Do You Know If It Is Inherited?

- It feels older than the situation
- It shows up before you have time to think
- It is something you swore you would never repeat
- It follows unspoken family rules like we do not talk about that
- It feels familiar even when it hurts

- It is not just your struggle. It is your story across generations

Biblical Example: Hezekiah

2 Kings 18, 2 Chronicles 29 through 31

Hezekiah was the son of Ahaz, one of the most spiritually corrupt kings in Judah. Ahaz closed the temple, worshiped idols, and led the nation into sin. Hezekiah inherited spiritual dysfunction but refused to repeat it.

Choice (v.3) He chose who he would resemble. Faithfulness is chosen, not inherited.

Action (v.4) He removed the altars and idols. Breaking cycles means removing what does not belong.

Devotion (v.5–6) He trusted, held fast, obeyed. New habits replaced old patterns.

Favor (v.7) The Lord was with him. When you choose a new lineage, God partners with you.

Mercy Runs Longer Than Misery

Exodus 20 says pain can echo to the third or fourth generation. The next verse says God shows love to a thousand generations. God is saying that His mercy runs longer than your family's mistakes.

The Gospel Exchange

2 Corinthians 5:17. In Christ, you receive a new story. You are not bound to the pain behind you. You receive a new identity, a new lineage, a new inheritance. You do not have to pass down what was passed to you.

Reflection Questions

- What baggage am I carrying that never originated with me
- Where do I see inherited patterns influencing my reactions or relationships
- What cycle do I sense God calling me to break
- What new inheritance do I want to hand to the next generation