

TRAVELING LIGHT

JULY 29

THE LUGGAGE OF LIFE

INTRODUCTION

The bags we grab are not made of leather; they're made of burdens. The suitcase of guilt. A sack of discontent. You drape a duffel bag of weariness on one shoulder and a hanging bag of grief on the other. Add on a backpack of doubt, an overnight bag of loneliness, and a trunk of fear. Pretty soon you're pulling more stuff than a skycap. No wonder you're so tired at the end of the day. Lugging luggage is exhausting.

DISCUSSION QUESTIONS

1. Share with the group how you pack to travel. Lightly or overpacked?
2. What "baggage of life" troubles you the most? Why? Have you left any luggage behind? How did it feel to do so?
3. God is saying to you, *"Set that stuff down! You're carrying burdens you don't need to bear"*
4. Why do you think we carry burdens we don't need to bear? What keeps you from setting down burdens you needn't bear?
5. Read **Psalm 23**. What pictures leap to mind when you read this psalm? What memories does this psalm conjure up for you? What part of this psalm means the most to you? Why? How does this psalm teach us to give up personal burdens?
6. Read **Matthew 11:28-30**. To whom are these words addressed? Does this include you? What promise does Jesus give to those who resign to his invitation?

MOVING FORWARD

Traveling light means trusting God with the burdens you were never intended to bear. What does it mean to trust God with a burden? How does one do this? What have you learned from observing others with their "luggage"? Prayer and ask the Lord to reveal any burdens you need to lay down.

CHANGING YOUR MIND

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7