

TRAVELING LIGHT

JULY 29

THE LUGGAGE OF LIFE

INTRODUCTION

*Yea, though I walk through the valley of the shadow of death,
I will fear no evil; For You are with me.... Psalm 23:4*

Some of the baggage we carry is unavoidable. Pain and heartache are inevitable. But God promises that we don't have to carry those burdens alone. And in the most difficult parts of our journey, He reminds us that with each step in the valley, He is always moving us closer to Him.

DISCUSSION QUESTIONS

What is a trip or experience that had a big spiritual impact on you?

Grief:

1. How do you personally deal with sorrow? How can we help someone whose grief just won't go away?
2. Read **Lamentations 3:31-33**. How can verse 31 give you hope when you find yourself engulfed in grief? What do you learn about God in verse 32? Why is it important that God does not "willingly" bring us grief? Why does he bring us grief at all?
3. If God really loves us, why doesn't he lead us around the valley of the shadow of death? Why lead us through it?

Fear:

1. Read **Psalm 56:3-4**. How does the psalmist deal with his own fears? Do you follow his example? Explain. Why is the psalmist unafraid of "mortal man"? Is this a statement of ignorance or something else?
2. Read **1 John 4:16-19**. On what should we rely when we are afraid? How does John describe God? What difference does this make? What antidote to fear does John give?

Loneliness:

1. Read **John 14:16-18; Matthew 28:16-20**. What request did Jesus say he would make of the Father? What promise did Jesus make? How is he fulfilling this promise today?
2. How can we take courage from Jesus' words in Matthew 28:18? . What encouragement can we get from Jesus' final words? Are you relying on this promise? Why or why not?