



# Travel Light

## Big Idea

Pastor Curt - 2

The current series **Travel Light** is the opportunity to change your life. All of us are on a journey and we pick things up along the way. Things that slow us down, weigh us down, even drag us down. There may be one thing in your life – a habit, addiction, attitude, thought pattern, etc. - that you would like to change but have not been able to get rid of it. If we don't it will destroy our life! We may not even be aware of the burden that is affecting us. Journey through Bible with this week's message **Lighten The Load** to find the secret of identifying what is weighing us down, getting rid of what is burdening us and slowing us down, and bring us into a place of freedom.

When we're burdened, become aware of the 5 steps of destruction 1) It becomes a part of your identity. 2) You feel increasingly hopeless. 3) You become defensive. 4) You become a slave. 5) You begin to lose your life. Don't let it destroy you or keep you from the best that God has planned for you! Pastor Curt shares two powerful Bible verses that can set us free. We must stop making excuses, cut the ties, and fill the void with God's Word, prayer, an accountable partner, and serving.

Do you want to experience freedom and Travel Light? Then listen to this message and ask God to identify and deal with what is burdened your life.

## Discussion Questions

- Self-destructive behavior is the product of our life getting out of order in any area – spiritually, emotionally, relationally or physically. Share with the group which area of your life needs the most attention right now and what steps are necessary to get it back in order.
- Read Proverbs 18:1. (Whoever isolates himself seeks his own desire; he breaks out against all sound judgment. Proverbs 18:1 ESV) Think of a time you found yourself isolated. Share who encouraged you during that time and how you connected to life giving relationships.
- God isn't looking for perfection, He's looking for honesty. Take a moment to evaluate your life right now – is there something you are struggling to acknowledge? Share what steps you will take to begin developing your plan of attack.

## Prayer Focus

Jesus, thank You for dying on the cross so that I can have access to You and live in new freedom so I can Travel Light. Help me grow spiritually closer to You and desire You more than anything else. Show me any changes You want to me to make in my spiritual life, and help me actively pursue those changes.

## Next Steps

Next steps are how we go on the journey that God has marked out for us. We all have a next step and our spiritual growth happens as we take it. What is the next step that the Holy Spirit has been nudging you towards? Share with the group for support and accountability.

## Leader Tip

Encourage your group to complete the Growth Track if they haven't already. If the Lord is leading them to a new team, encourage them to attend Step 3 to get connected this month.