



Travel Light

Big Idea

Pastor Curt - 1

“Tis the season to be...” The song says jolly, but the reality is that the holidays are difficult and painful for many. Old wounds resurface as we battle over who gets the kids for Christmas day. There is the awkward family get together with that irritating family member, the one who is always complaining, another who talks only about themselves, then there is the one who disagrees with whatever is said, and of course we never know what crazy Aunt Lulu will say. It’s the season when a family member is missing because of death or illness. Some carry unbelievable stress and are weighed down by sadness, anxiety, etc. especially at this time of year. This first message is titled Emotional Baggage in the new series **Traveling Light**.

What is the danger of having and carrying relationship wounds? **1) they keep us from our God designed potential, 2) they pollute our other relationships, and 3) they destroy our relationship with God.** There is a remedy. God has much to say about it and He has told us of the healing process which is 1) **Reveal** the past hurt, 2) **Release** the people involved, and 3) **Refocus** on God’s plan for our life.

We pray that this may be a season filled with healing from past wounds, restoration of loving relationships, and renewed hope and joy!

Discussion Questions

- The holiday season can be difficult for many of us. What difficulties do you experience? Is there someone you hope to avoid this season? Maybe an ex, relative, in-law, out-law. Why?
- What is the danger of having and carrying relationship wounds? How have the three mentioned in the message surfaced in your life and your relationships?
- What is the healing process?
- What is the next step you are willing to take in the healing process?

Prayer Focus

Ask God to identify any relational wounds, unforgiveness, anger or worry in your life. Ask Him to show you any changes you need to make to your way of thinking and ask for wisdom to determine the most effective ways for you to personally find healing. Boldly step into forgiveness with those who have hurt you.

Next Steps

As you read the Word this week, Write out Bible verses that support your God-defined identity and put them somewhere you’ll see them every day. Talk with your Group leader or Campus Pastor about taking a next step in your spiritual walk with God

Leader Tip

As we wrap up our Fall semester and head into the holiday season, check on your group members to see if they need someone to walk beside them during this season. Make sure you are planning on multiplying in the Spring Semester. Have guided talks with your co leader about their next steps.