

Travel Light

Letting Go of Stuff

TALK IT OVER

Key Scriptures

Better one handful with tranquility than two handfuls with toil and chasing after

the wind. Ecclesiastes 4:6 NIV

...“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.” Luke 12:15 NIV

When the young man heard this, he went away sad, because he had great wealth. Matthew 19:22 NIV

Cause my heart to bow before your words of wisdom and not to the wealth of this world. Help me turn my eyes away from illusions so that I pursue only that which is true ...

Psalm 119:36-37 TPT

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life. 1

Timothy 6:17-19 NIV

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Start talking. Find a conversation starter for your group.

- What’s something you want that you don’t need? What’s something you have that you don’t need?
- Do you feel like you have way too much stuff, a little too much, about right, not enough, or not nearly enough?

Start thinking. Ask a question to get your group thinking.

- Read Ecclesiastes 4:6. How would you describe some specific examples of chasing after the wind?
- Think of somebody who needs something you have but don’t need. How could you give it to them?

Start sharing. Choose a question to create openness.

- Read 1 Timothy 6:17-19. Which part of these commands are you doing well at? Which part do you want to grow in?
- Have you ever believed a thing, an amount of money, or a job would make you happy? How’d that pan out?
- Read Matthew 19:22. What steps would you have to take in order not to walk away from this message sad like the rich young man?

Start praying. Be bold and pray with power.

God, You are so much more than we could ever want or need. You are more than enough. Thank You for Your love. Thank You for Jesus. Holy Spirit, we need Your strength to let go of all the extras we try to add into our lives. Show us the first step to a one-handful life, full of Your presence and peace. Amen!

Start doing. Commit to a step and live it out this week.

- Start the *Travel Light* Bible Plan as a group: www.go2.lc/travel
- Write down a few things you won’t buy, a few things you’ll get rid of, and a few ways you’ll give. If you want to, share your list with your group.
- Instead of exchanging Christmas gifts with each other, come up with a plan for how you can bless someone or some group in your community.