

Travel Light - Letting Go of Stuff

Additional key scriptures for deeper study.

And he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions. Luke 12:15 ESV

Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Psalm 119:36-37 ESV

But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs. 1 Timothy 6:6-10 ESV

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also. Matthew 6:19-21 ESV

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Matthew 6:24 ESV

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.

- Take an inventory. 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.

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If Christ's lordship does not disrupt our own lordship, then the reality of our conversion must be questioned.

-Charles Colson

Prayer of freedom from material attachments

Once again, Lord Jesus Christ, we face the power of earthly treasures. And so today we plead the blood of Jesus against influence of stuff.

When we worry about survival and grasp for false security. Remind us of the boy who shared his meal so you could feed the multitudes.

When we are tempted to store up treasure in our savings accounts, help us to make eternal investments in your kingdom and trust in your economy of love.

When we wonder who will care for me when we are old, give us elders to love and young friends to mentor in your way of abundant life.

Deliver us from the power of possessions, that we might know the love that casts out fear and receive the gift of your provision through another's hand.

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Amen

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