

## Discussion Guide

### *Traveling Light*

August 7, 2022



#### Big Idea

We have a God who helps carry our burdens, not make them heavier. One of the heaviest burdens we place upon ourselves is the burden of a *lesser god*.



#### Icebreaker

When it comes to packing for a trip are you an over packer or a minimalist? Share a funny story regarding this if you have one.



#### Discussion Questions

1. Read Matthew 11:28-30 (NIV and TPT). Do one of these translations impact you more? If so, why? When you read this verse what kinds of feelings does it elicit in you? How can those feelings impact your demeanor and action when you are feeling weighed down?
2. Read Psalm 23 (NIV) together aloud as a group (if in a group setting). Re-read Psalm 23:1. “Lord” here is translated from the name Yahweh. Who is Yahweh? From the sermon what does this name mean? What does this name meaningfully tell us about our God?
3. What you think of when you think of God is perhaps the most important thing in your life and faith. Which inaccurate view of God (“genie in a bottle”; “the Wizard of Oz”; “a busy dad”; something different) are you prone to think of Him as and why?
4. The sermon pointed out that the problem with a lesser god is that, while perhaps convenient, they are not powerful. What specific lesser gods (man-made or relying too much on your own power) have you engaged with in your life? Do you have an example of when you realized that they lacked real power to help you carry a burden? What did you do upon that realization?
5. Talk about why David chose the image of a shepherd to represent our God to us. What is the second meaning of the Hebrew word for shepherd that was shared in the sermon? How does knowing this impact your view of God and why is this important to know and remember?
6. Read 1 Peter 5:7 (TPT). How good are you at obeying this verse by *pouring out all your worries & stresses upon Jesus and leaving them there*? What does it take for us to do this? Does this sound like the religion you’ve experienced, why or why not?



#### Concluding Question

What is a problem (burden; worry; stress) that you are carrying today that you need to lay at His feet and leave there trusting Him?



#### Application

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Is there a way we can help each other apply what God is showing us?



#### Prayer

- Thank God for being such a willing and good shepherd who provides you with everything you need. Think of one person who you know that is burdened unnecessarily and pray for them.