



The Luggage of Life (Psalm 23)

Introduction: *My personal challenge of “travelling light”*

I. PROBABLY ALL OF US ARE NOT TRAVELLING LIGHT

- A. The heavy bags we carry are things like: a suitcase of guilt, a duffel bag of weariness, a trunk of fear.
- B. Our dear Lord invites us to set these bags down and let Him carry them (Matthew 11:28)

II. GOD GIVES US AN “OLD FRIEND” TO HELP US TRAVEL LIGHT.

- A. This old friend is **Psalm 23** (Let’s read it together...)
- B. This passage is to the Pastor what medicine is to the doctor
- C. Psalm 23 can help you, as it has many others, to set down some heavy luggage.

III. TRAVELLING LIGHT MEANS TRUSTING GOD WITH THE BURDENS YOU WERE NEVER INTENDED TO BEAR

- A. In this New Year 2013, **why not try “travelling light”?**
- B. Ever notice the impact excess baggage has on all your relationships?
- C. Excess baggage impedes my running life... & your life of faith

Conclusion:

Your Lord’s loving invitation: “Set down your bags, child & I’ll carry them for you” (Matthew 11:28; 1 Peter 5:17)