



Travel Light – Message 1

Announcements

- The 2019 Community Series, *Above The Noise: Find Peace When Life Gets Loud* kicks off January 12&13. Text **group** to **25827** and tell us your plans on hosting a group.
- Church of the King offices and buildings are closed Thanksgiving Day and the day after Thanksgiving.

Warm-up

When you pack to go out of town, do you start packing in advance or wait to the minute? Do you forget things or do you have too much in your luggage? Share a funny memory related to this with the group.

Overview

Read Matthew 6:19-20.

One thing that really complicates travel is baggage. In the same way, in life, if we are not careful, we get burdened down with it. Instead of traveling light, we trudge through life carrying along the baggage of unforgiveness, bitterness, and resentment. As we approach the Holidays, what emotional baggage would it be helpful to unpack? How can aligning our perspective with God's perspective lighten our physical and emotional load as we head into the Holidays?

Word and Application

Today is the first week of our brand-new message series entitled *Holidaze*. Together we will learn how to navigate relationships, disappointments, and stress this Holiday season. Everybody has had a wounded heart. Few people actually deal with this baggage properly. The common wisdom is to just let time deal with it. They say "Time heals all wounds." Actually, the opposite occurs. Time doesn't really heal anything. If anything, wounds grow even more painful the longer you let them go unattended. The baggage gets heavier. But what if we learned to *Travel Light*? Today, let's discuss ways to head into this season with a fresh perspective and come out of the Holidays better than ever!

Read Genesis 45:1-3.

- How did Joseph react when he saw his brothers?
- How have you reacted when someone hurt you?
- What would be a better way to react next time someone hurts you?

Let's look at three ways to practically travel light as we see people who may have hurt us.

Three Choices to Clear Up Your Holiday

1. Choose to pray.

Read Luke 23:34a.

Let's start by making a deliberate choice to pray for those who've hurt us.

Pray for three things.

- *Pray for God to heal their hurt.* If they are hurting others, chances are they've been hurt. We are going to ask for God to do a healing work in their lives. Praying like that, your prayers not only affect them, but they will always affect you.
- *Release them to God.* It is impossible to pray for someone else without God doing a work in your own heart.
- *Pray for those who have hurt you.*

2. Choose to forgive.

Read Mark 11:25 Matthew 6:14-15, Matthew 18:21-22 & Colossians 3:13.

Who do you need to forgive? Let's make some choices today, and we're going to choose to forgive them. Forgiving others is good for the relationship but also releases and frees us from the bondage of bitterness. To practically forgive someone, focus on how God has forgiven you repeatedly.

- How can we pray with you about the people you need to forgive?

3. Choose to bless.

Read Romans 12:19-21, Luke 6:27-28 & Genesis 45:8a,14-15.

Look at what happened to Joseph, the powerful ending to one chapter and the beginning of another. When we bless those who have hurt us, the pain has a way of lessening. Maybe for you, it's a card, a letter, an email. Show unexpected grace. Ask the Holy Spirit what you could do to bless those who have hurt you.

Every one of us in this group will get hurt, disappointed at some point in our lives. **But** if we *choose* to pray, if we *choose* to forgive, and if we *choose* to bless great things are in store on the other side.

- How will your life look different for you and your family if you make the choice to forgive?
- What stands out to you as the defining moment that causes Joseph to forgive and bless his family?
- Brainstorm with your group practically how to apply what Joseph did to your own life.

Life Challenge

Memorize and write down a scripture on forgiveness that you can hold onto as you forgive others this week.