



Travel Light | Ryan Wekenman | 7.11.21

Weekly Study

START

To get things started, go around the circle and answer the following question:

If you could only eat at one restaurant for the rest of your life which one would you choose?

SHARE

Welcome back to Group! This week, we launched a brand-new series called Summer at Red Rocks with a sermon called *Travel Light*. But before we dive into the sermon, take some time to check in with your Group by answering these questions.

What is one word you would use to describe how you are currently feeling? Why did you pick that word?

What was the most challenging part of your week? What was the highlight of your week?

What is one thing you want to accomplish this summer? Have you taken any steps toward achieving that goal yet?

GROW

Read Luke 9:1-6

What is your biggest take away from this passage?

What do you think Jesus was trying to communicate to his disciples?

What do you think this passage means to us today in 2021?

In the passage you just read, Jesus sends his disciples out to spread the Gospel to the world. As they go, he reminds them to travel light.

“Take nothing for the journey—no staff, no bag, no bread, no money, no extra shirt. Whatever house you enter, stay there until you leave that town. If people do not welcome you, leave their town and shake the dust off your feet as a testimony against them” (Luke 9:3-5).

Jesus wanted his disciples to head into the world without all the things that usually weigh us down. These days it can be difficult to remember that the same offer is on the table, but it is. As Jesus later reminds us in Matthew 11:28-30:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

What do you think it means to find rest for your soul?

Move

Read Philippians 2:1-4

How can this passage resonate with traveling lightly as Ryan spoke on this Sunday?

What kind of baggage can we throw off by sharing the common Spirit with Christ and resembling His humility?

Modern day culture encourages us to go full throttle in what it believes is the only life we have. The only chance offered to us for happiness, and to leave our mark and/or legacy on this earth before death. While that sounds good on paper, anxiety has never increased more than it has now. Perhaps it's the striving to prove our worth and the stress of not being good enough that has caused this?

The Apostle Paul reminds Believers of a better way of life: valuing others above ourselves. When we follow Jesus, we have everything we need which allows us to travel lightly. We can surrender control to Him, throw off judgement of others, and stay content in every season. While it may be true that this life is all we get prior to the next, the difference is we know it's not about this life. It's about the Rabbi who came to give life, and break the yoke of simply being a human in this fallen world.

With Jesus, the feast is never ending and there's plenty of room for more. While the world offers famine, the Kingdom offers abundance. The world will convince us there's not enough, and the King will assure us He is enough. With this knowledge we can navigate this life through the third way, Jesus, offering the same pathway to others through the narrow road that leads to true life.

What are some things you need to throw off and surrender to Jesus?

By doing so, how will that help you live a lighter life?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

Love must be sincere. Hate what is evil; cling to what is good.

- Romans 12:9