



Travel Light

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Presenter: Jim Hammond

## Talk It Over

Travel Light  
Week 1:  
"Letting Go Of Stuff"

### SMALL TALK

I. It's better to have \_\_\_\_\_ of what doesn't matter and \_\_\_\_\_ of what does.

1.

1. What's something you want that you don't need? What's something you have that you don't need?
2. Do you feel like you have way too much stuff, a little too much, about right, not enough, or not nearly enough?

### VIEWPOINT

II. One \_\_\_\_\_ Living

A. \_\_\_\_\_ OUT

B. \_\_\_\_\_ LESS

C. \_\_\_\_\_ MORE.

3. **READ Ecclesiastes 4:6.** How would you describe some specific examples of chasing after the wind?
4. **READ Psalm 119:37.** How might this prayer help you let go of stuff that does not matter in order to add more of what does matter? Anything you need to let go so that you can have more of the right stuff?
5. **READ 1 Timothy 6:17-19.** Which part of these commands are you doing well at? Which part do you want to grow in?
6. **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?

### GETTING PERSONAL

7. Can you think of somebody who needs something you have that you don't need? How could you give it to them?
8. Have you ever believed that a thing, or an amount of money, or a job would make you happy? How'd that pan out?

### MAKING PROGRESS

9. Making progress is one step at a time. Thank God for who he is and what he has done for you. Ask God to fill you with His presence and peace. Ask Him to show you a step that helps your heart "Travel light" this season. Write down what he shows you. Is it a few things you don't buy? Or something you decide to "let go" of? Is it a change in your "gifting" plan this Christmas? Is there a way you can choose to elevate meaningful experiences and meaningful relationships over stuff this season? What step can you take this week?

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