

# Travel Light

WHEN LIFE SHIFTS, GOD STILL LEADS



## SUNDAY, JUNE 21

WEEK 3 | Exodus 17:8-13 | *Who's Got You?*

Have you ever tried to travel with too much? Too many bags, too much weight, trying to keep up with everything at once. At some point, you realize you're carrying more than you need, and it's slowing you down. Life can feel the same way. What once felt normal can start to feel uncertain; the noise gets louder, and before you know it, you're carrying more than you were meant to carry. It becomes harder to see clearly and easier to miss what really matters. But God is not distant in moments like this. He is present, steady, and already at work, even when life feels unfamiliar or unsettled. This summer, we'll learn to slow down, travel light, and trust God with what we've been carrying. You don't have to carry it all alone.

### BIG IDEA

**God uses strong friends to help us carry what we were never meant to carry alone.**



### DISCUSSION QUESTIONS



1. What is one thing that stood out to you from this week's message?
2. What feels heavy in your life right now? What are you trying to carry by yourself?
3. When Moses' hands became heavy, God provided Aaron and Hur. Who has God placed in your life to help carry the weights?
4. Who has stood beside you when life got heavy? Who might God be asking you to stand beside this week?
5. How can we pray for you?

### YOUR NEXT STEP

This week, don't just celebrate the people who have held you up. Thank them. And ask God to show you whose hands you can help hold up.