

Travel Light

WHEN LIFE SHIFTS, GOD STILL LEADS



SUNDAY, JUNE 7

WEEK 1 | Psalms 46:1-7 | Slow Down

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

**When life is shaking, you can miss what matters most.
God is with you, holding you steady.**



DISCUSSION QUESTIONS



1. What is one thing that stood out to you from this week's message?
2. Psalms 46 speaks to people whose lives feel shaky. Where does life feel the most "shaky" for you right now?
3. What have you been carrying lately that might be weighing you down?
4. Where do you see signs that God is already with you?
5. How can we pray for you?

YOUR NEXT STEP ≡

Take one moment each day to pause and ask, "God, what am I carrying?"