# **Today's Message**

Sermon: "Letting Go of the Baggage" Scripture: Matthew 11: 28-30 Speaker: Pastor Deb Ketcham

Things I'd like to remember from the message today:

## **Go Deeper This Week**

### Scripture and Questions for Study and Reflection:

#### Read 1 John 1: 1 – 2: 11.

- 1. In what ways have you been living in the darkness?
- 2. What have you done differently to live into the light?
- 3. What else might you do?
- 4. What is stopping you?

#### Read Matthew 11: 28-30.

- 1. John Wesley taught his followers to ask one another, "How is it with your soul?" So how is it with your soul?
- 2. In what ways are you weary?
- 3. How heavy is the baggage you've been carrying?
- 4. What pieces and parts can you give to Jesus?
- 5. What pieces and parts are you willing to allow Jesus to shoulder, to yoke with him, so He can lighten your load?
- 6. Ask God to help you lay your burden down at the feet of Jesus.

#### **Prayer for the Week:**

Jesus, help me give up my baggage, my stuff, the control I have held on to for so long. Help me to yoke up with you, allow you to shoulder the load, and give you the baggage I have clung to for so long. I thank you for the way you have worked and continue to work in my life. Amen.