

# HOUSE TO H<sup>^</sup>OUSE

This is a resource for you to take the word God gives us in His house to your house!

A **HELPFUL TIP**: RE-watch the sermon online (*available @ facebook.com/journeychurch.family*) by yourself or with others.

## **I'M DREAMING OF A LIGHT CHRISTMAS: 'THE WEIGHT OF UNNECESSARY STUFF'**

*Sunday, December 1, 2019*

*The goal of this series is to help you off-load the things and thoughts in your life that weigh you down during the holiday season.*

***Ecclesiastes 4:6***

***'Better one handful with tranquility than two handfuls with toil and chasing after the wind.'***

While culture screams the opposite, we as Christ-followers are warned to 'be on guard against all kinds of greed; life does not consist in an abundance of possessions.' (*Luke 12:15*) Taking stock of the stuff we have around our homes, vehicles, offices, etc. will show us if we need to start shedding some weight of any of the unnecessary things. These things can prove to become distractions (*and even a danger*) to our walk with Him.

### ***What am I accomplishing through my accumulation?***

Take the 'I' test...

Am I cool because of the stuff I have?

Am I popular because of the stuff I have?

Do I fit in because of the stuff I have?

Am I happy because I have stuff?

Do I feel good about my self because of what I have?

Is the stuff I have robbing me of the life I want?

### **'ONE HANDFUL LIVING'**

*How to approach a life that isn't weighed down with stuff - in three steps...*

#### **1 - THROW IT OUT**

A first step to *One Handful Living* is to throw out as if your life depends on it. Because it does! Remember - Our life does not consist in an abundance of stuff!

**FEAR & SENTIMENT** are two common ways we convince ourselves to hold onto unnecessary things. Fear tells us we '*might*' need it. Sentiment says '*memories will be lost.*' Neither are true or a good reason to hold on to stuff.

***Owning less is better than organizing more!***

## 2 - BUY LESS

62% of people admit to shopping to cheer themselves up.

And what happens? We pick up stuff we think would be cool to have or help us organize more; we even talk ourselves into it. It may be something totally useless in the grand scheme of things but it's COOL - OR CLEAN - NEW - A REPLACEMENT FOR SOMETHING THAT IS NOT BROKEN - A GOOD DEAL. These are typically not good reasons to accumulate more. Thankfully though, there's help for us all and it's in Him -

*Psalm 119:36-37*

*'Cause my heart to bow before your words of wisdom and not to the wealth of this world. Help me turn my eyes away from illusions so that I pursue only that which is true.'*

**Christmas List Idea:** use it for you and your family

Something I WANT:

Something I NEED:

Something to WEAR:

Something to READ:

## 3 - GIVE MORE

Where do we put our hope? In Him! He provides, richly. We aren't to be made to feel guilty about what we have. God is a God who blesses. We don't have to feel bad if we have nice things. We just don't let the things have us!

***What better way to mimic the heart of God than to GIVE?!***

*1 Timothy 6:17-19*

*'Command those who are rich in this present world not to be arrogant nor to put their hope in wealth which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.'*

What parts of these commands are you doing good in?  
Which would you like to improve upon?

## REFLECT & RELEASE

Where are you feeling the weight of this season? *REFLECT* on where you're at in regards to the stuff that is weighing you down. As you're reflecting on where you're at as an individual or as a family, begin to ask God to *RELEASE* you from the weight of what you're carrying.

## PRAY

God, You are so much more than we could ever want or need. You are more than enough. Thank You for Your love. Thank You for Jesus. Holy Spirit, we need Your strength to let go of all the extras we try to add into our lives. Show us the first step to a one-handful life, full of Your presence and peace. In Jesus' name, **AMEN.**