



GROUP DISCUSSION QUESTIONS

TRAVELING LIGHT

1/11/26

- Where are you most tempted to treat God like a “pill” that fixes problems without changing your habits, priorities, or patterns?
- Just like with acid reflux, what parts of your life might be quietly *canceling out* the work God wants to do in you right now?
- When life gets heavy, which response do you default to more often “I won’t move without God” (*Moses*) or “Just make this problem go away” (*Pharaoh*)? Why do you think that is?
- Moses didn’t just want God’s help; he wanted more of God. What does “wanting more of God” actually look like in everyday life for you (not in theory, but in practice)?
- What is one specific weight - stress, fear, control, habit, or mindset - that God may be asking you to lay down so you can experience real rest?

KEY VERSE: Exodus 33:15 Then Moses said, “If you don’t personally go with us, don’t make us leave this place.