

Gathering

TRUST

The 2014 movie, “*Wild*” starring Reese Witherspoon is based on the experience of Cheryl Strayed who hiked 1,100 miles of the 2,650 mile Pacific Crest National Scenic Trail, from the Southern California desert to the lush forests of Oregon, on a journey of self-discovery and healing. This trek chronicled Strayed’s attempt to ‘recalibrate’ herself following several unfortunate choices she made during a difficult period in her life.

Throughout the movie, Witherspoon’s character is seen carrying a backpack bigger than she is! It held the essentials for her trip but it was a large backpack.

Have you ever considered the backpack of life you carry every day? Do you sometimes feel like you are carrying an oversized emotional or spiritual backpack in life? Sometimes we need to remove the junk we are carrying around and figure out what to do with it. What are the perceived limitations that weigh us down? What fears add unnecessary weight to life’s backpack? Do we allow our imperfections and strivings to hold us down in our walk with the Lord?

As we name the things in the backpack of our lives, we do so because we believe that God is able to take them from us. God is not surprised by our failures and disappointments.....or our baggage! He is ready to take the heavy load from us and make our journey lighter.

Proverbs 3:5–6 (MSG) *Trust God from the bottom of your heart; don’t try to figure out everything on your own. Listen for God’s voice in everything you do, everywhere you go; he’s the one who will keep you on track.*

After sharing the Scripture, use at least three of the questions below with your group:

- Can you identify the things – both good and not so helpful – that you’ve packed in life’s backpack?
- What are some things in the backpack of life that are heavy for you right now?
- What is difficult for you to remove from your backpack? Why?
- Can you trust God to unpack your backpack and allow him to give you rest?

Proverbs 3:5–6 (MSG)

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Life's

B A C K P A C K

Take some time this week to make an inventory of your life backpack. As you record what's inside consider the following:

- Highlight items that are essential for your journey
- Circle items that may need to come out of the backpack.
- Spend time in prayer offering those items, daily, to the Lord and receiving His promise of rest!

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