



## How To Pack Light For The Long Haul

<sup>33</sup> "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

*John 16:33 NLT*

### 3 Heavy Truths About Life's Journey

A.) Life's journey is full of UNEXPECTED TURNS and you can't CONTROL it all.

<sup>23</sup> I know, God, that mere mortals can't run their own lives, That men and women don't have what it takes to take charge of life.

*Jeremiah 10:23 MSG*

<sup>13</sup> Look here, you who say, "Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit." How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone.

*James 4:13-14 NLT*

B.) Life's journey is HARD and you can't AVOID it.

<sup>12</sup> When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end— Because I am God, your personal God, The Holy of Israel, your Savior. I paid a huge price for you.

*Ephesians 3:12 NLT*

C.) Life's journey can be SCARY and full of WORRY.

<sup>31</sup> "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs."

*Matthew 6:31-32 NLT*

<sup>34</sup> "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

*Matthew 6:34 NLT*

## How To Lighten The Load For Life's Long Journey

<sup>23</sup> But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless.

*Galatians 5:22-24 TPT*

1. Choose faith filled JOY – Because we know the struggle leads to GROWTH.

<sup>2</sup> My fellow believers, when it seems as though you are facing nothing but difficulties, see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up power within you to endure all things. And then as your endurance grows even stronger it will release perfection into every part of your being until there is nothing missing and nothing lacking.

*James 1:2-4 (TPT)*

2. Live in God Centered PEACE – Because we trust He is in CONTROL.

<sup>19</sup> Whenever my busy thoughts were out of control, the soothing comfort of your presence calmed me down and overwhelmed me with delight.

*Psalms 94:19 TPT*

3. Endure with hope inspired PATIENCE – Because we know the struggle is TEMPORARY.

<sup>25</sup> God proves to be good to the man who passionately waits, to the woman who diligently seeks. It's a good thing to quietly hope, quietly hope for help from God. It's a good thing when you're young to stick it out through the hard times.

*Lamentations 3:25-27 MSG*

<sup>25</sup> I waited and waited and waited some more, patiently, knowing God would come through for me. Then, at last, he bent down and listened to my cry. He stooped down to lift me out of danger from the desolate pit I was in, out of the muddy mess I had fallen into. Now he's lifted me up into a firm, secure place and steadied me while I walk along his ascending path.

*Psalms 40:1-2 TPT*

### My Prayer For You Today:

<sup>13</sup> Now may God, the inspiration and fountain of hope, fill you to overflowing with uncontainable joy and perfect peace as you trust in him. And may the power of the Holy Spirit continually surround your life with his super-abundance until you radiate with hope!

*Romans 15:13 TPT*



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