

# Short and Sweet: Traveling Light



Short and Sweet Nourishment  
for the Soul

*"8 He commanded them to take nothing for the journey except a staff—no bag, no bread, no copper in their money belts ..." Mark 6:8*

I looked at him; peaceful, confident. We left him at the bus station in South Bend, Indiana. I watched him as he climbed aboard a bus heading west. He was traveling to Yellowstone. Hired by Christian Ministries to the National Parks, our son would be gone for the summer serving the tourists and locals by leading worship and Bible study meetings. He was heading to Yellowstone ... with nothing but a backpack and a guitar.

***Traveling Light.***

Freedom.

Freedom to serve Christ.

## What ties you down?

What keeps you from really serving others and following Christ, from *traveling light*? We say it, we sing it, we talk about it, but do we do it? Do we really follow Jesus and serve others? To be honest I am usually very enthusiastic about following Jesus and serving others until it costs me something.

I'll give as long as I have enough money to eat my organic food.

I'll sacrifice as long as I can still get my hair done each month.

I'll serve as long as I have time to get a massage this week.

Money. Pride. Selfishness.

## These attitudes tie me down. Hold me Back. Pull me under.

Traveling heavy.

To be painfully honest, the idea of going out to *the bush* and not being able to do my hair and makeup for for three weeks would be REALLY HARD. But just think, I could leave a whole suitcase behind if I didn't take my flat iron, curling iron, shampoo, cream rinse, styling lotion, gel, hairspray, mascara, eyebrow pencil, four different face creams, cleanser, toner, etc. The list gets longer and heavier as I get older.

I think I need to lighten up.

## Jesus wants to send us out.

Jesus told his disciples they would be *traveling light*. They could only take one thing. No bags. No organic food. No money.

No makeup. Only a staff. Hmm ...

My traveling plan: Stuff

God's traveling plan: Staff

## **Staff vs. Stuff**

Why? So they could focus on the mission. Stuff gets in the way of the mission. The more you own, the more it owns you. More stuff requires more energy. It gets in the way. A staff, on the other hand, is a walking stick which helps travelers hike faster, safer, more efficiently. In the Bible, staffs were used by shepherds and kings. They represent authority and guidance. Sounds like the Bible. Our staff.

Let's get rid of some stuff (*traveling light*), pick up our staff (the Bible), and take the Gospel to our world today.

## **Action Points:**

1. What is weighing you down and getting in the way of sharing God's message with your world? Is it your appearance? Go without makeup for one day. Is it coffee? Commit to drinking only water today. Is it shopping? Go one day/one week/one month without spending anything except for groceries and bills.
2. Find a way to reach out to another today and share the truth of the Gospel. Be available. Ask God to show you how to serve another today.
3. Is there a habit, attitude, activity, or relationship (this is not a ticket to get out of your marriage because you aren't happy) weighing you down? What step can you take today to begin *traveling light*?
4. Pray and ask God to show you what you need to let go so you can begin *traveling light*.

**Please leave me a comment below on how you plan to begin traveling light!**

**Life is sweet. Travel light!**

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*Mary Kane*

P.S. If you'd like to print this out in a convenient form, choose the green Print/PDF icon at the bottom right of the post. It even gives you the option of printing without pictures.

For your listening pleasure: [Traveling Light](#)