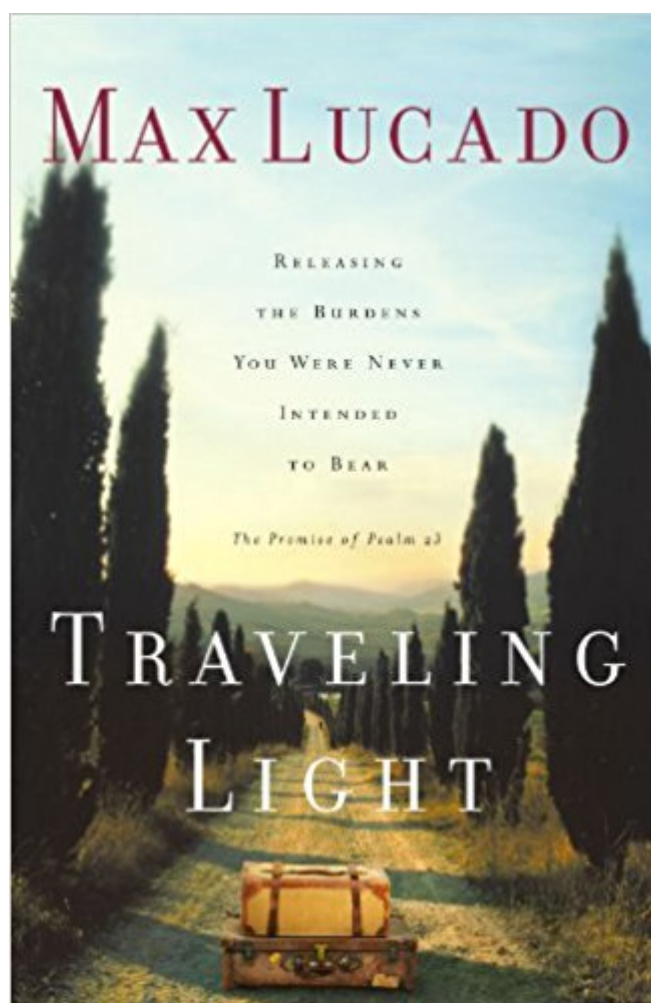


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# Traveling Light: Releasing The Burdens You Were Never Intended To Bear



## Synopsis

Weary travelers. You've seen them -- everything they own crammed into their luggage. Staggering through terminals and hotel lobbies with overstuffed suitcases, trunks, duffels, and backpacks. Backs ache. Feet burn. Eyelids droop. We've all seen people like that. At times, we are people like that -- if not with our physical luggage, then at least with our spiritual load. We all lug loads we were never intended to carry. Fear. Worry. Discontent. No wonder we get so weary. We're worn out from carrying that excess baggage. Wouldn't it be nice to lose some of those bags? That's the invitation of Max Lucado. With the Twenty-third Psalm as our guide, let's release some of the burdens we were never intended to bear. Using these verses as a guide, Max Lucado walks us through a helpful inventory of our burdens. May God use this Psalm to remind you to release the burdens you were never meant to bear.

## Book Information

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## Customer Reviews

From beloved award-winning author Max Lucado comes *Traveling Light*, refreshing words wrapped around the biblical passages of the 23rd Psalm to reenergize weary spiritual travelers. In his inimitable, pastoral voice that both soothes and exhorts, Lucado gently unpacks the verses of the psalm while helping readers lay down the burdens of doubt, anxiety, perfectionism, and fear. "You can't enjoy a journey carrying so much stuff," Lucado writes. "Why don't you just drop all that luggage?" Lucado mixes personal transparency with his trademark humor, offering uncomplicated counsel. Change your focus. Make time for rest. Know you are not alone. Be humble. Trust God. It's

only when we set down our "luggage" and let God carry it for us, says Lucado, that we are free to share grace, offer comfort, and help lift the load of others. As you read Lucado's words and work through the study questions, you'll find your own load feeling a little lighter. --Cindy Crosby --This text refers to an out of print or unavailable edition of this title.

Feel the need to throw off the cumbersome burdens that weigh you down? Certainly, responsible adults learn to adjust to tremendous stresses and equip themselves to carry the heavy weights of self-reliance, weariness, worry and hopelessness over the long haul. But this is not necessary, says bestselling author Lucado (*Just Like Jesus; He Chose the Nails; The Applause of Heaven*). In Psalm 23, God counters the misconception that burden-bearing signals Christian maturity and admonishes followers to leave their loads at Christ's feet, as he is the only one truly equipped to handle the weight. Lucado dissects Psalm 23 while recounting tender tales of men and women who have overcome crushing circumstances with Christ's support. In keeping with Lucado's typical homespun style, humorous anecdotes often precede powerful punches of biblical truth. Rounding out this collection of essays is a study guide encapsulating each chapter's topic. Readers will travel back, up and on as they reread key excerpts, study pertinent Bible verses and allow the lessons to take root. This insightful collection not only measures up to the high standard of Lucado's own previous works, but his profound perspective on life and spirituality frequently exceeds expectations. (Oct.) Forecast: This should be quite a boost for the recently christened W Publishing Group (formerly known as Word), whose cup runneth over with Lucado. Sales for *He Chose the Nails* have reached 720,000 copies, while Lucado's recent devotional, *Grace for the Moment*, has sold 600,000 copies for J. Countryman. W will spend a cool half million in shepherding this title toward the green pasture of bestsellerdom. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I read this as a Bible study with ladies from my house church group. I thought it was a great look into Psalm 23. I like the fact that the chapters were short, included anecdotes, and also included questions at the back that were helpful for discussion. I also enjoyed Max's humor - it kind of made me think of dad jokes at some points, but it also made me smile. I would say, as far as using this book for a study, you're really get out of it what you put into it. It would be easy to read through the chapters quickly and not really stop to think, but if you take the questions included at the back and the scripture passages to study, I think it could be a really useful study. Yes, there were times when some of his anecdotes didn't really relate to me. A lot of stuff about golf kind of goes over my

headÃfÂçÃ â ÑÃ Â| But I can appreciate what he was getting at. One thing that I'll take away from this book is that it's very easy to have a lot of baggage in our lives that we don't even acknowledge. I like the fact that I could be open and honest with my Bible study ladies about the baggage that I carryÃfÂçÃ â ÑÃ Â| It would've been easy for me to not be as transparent as I was, but in opening up, I am now able to see those items of baggage that Max talked about. It also means that I can start to let go of those things. I'd recommend it for small groups, personal study, or even one on one studies for those who find themselves in need of encouragement and who struggle with things like anxiety, stress, worry, control, fear, loneliness, shame, guilt, and much more.

A whole new look on Psalm 23. Max Lucado is a great author and this book is very bible based. (As opposed to some authors who use their words to convey God's message rather than the words of the Bible). This book is very inspiring and I would recommend it to anyone going through anything difficult in their lives... it's very applicable to all different struggles in life in general.

Great book to remind us what we should not be carrying with us. The Lord wants us to live free and free from burdens since our Lord died for us to take the burdens from us. I love how funny Max is and he is very real to talk about his struggles and real life issues, he is not afraid to tell on himself or praise himself :) Great author, amazing book. . . a must have on the shelf forever!

We read this book a couple of years ago as part of a bible study. Maybe it was just the right book at the right time but I decided to download it off to the Kindle. The ONLY change I would have made would have been to offer the Audible (follow-along) option. Traveling Light takes Psalms 23 "Our Father who art in Heaven..." and separates it into chapters so that we can see the baggage that we carry in life (such as: fear, hopelessness, guilt, arrogance, death, discontent, etc.) and focus on how to give it over to God. Well the topics may seem a little heavy the book is by no means a downer. It is a great read and I would highly recommend it.

After my husband's death in 2003 (we were just short of 49 years) this book was such a comfort to me, I gave each of my nine children a copy, and I have given many more away since then. Last year I put it on my kindle so as to have it always accessible. I own many more of the Lucado books and have enjoyed and treasured them all.

This book gave me a new perspective to "travel light" which suggest that we let go & give our

burdens/baggage to God! Why carry all the daily baggage that we as people face everyday if we don't have to! God made a way & we just have to apply it. Travel light & release your burdens. Great uplifting book.

I was gifted this book after a series of personal tragedies. I was struggling with too much depression to read, however as soon as I read the first paragraph of the first chapter I could hardly put it down. It has become a favorite gift for friends. Traveling Light is based on the Shepherd's Psalm, Psalm 23. I loved the transparent way that Lucado share from his own personal experiences.

Max Lucado is one of my favorite authors, and Traveling Light is one of his best, filled with life altering instruction from the Bible, woven into a compelling, encouraging and uplifting book.

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