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I WILL UNPACK.....

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## PSALM 23

(NKJV)

The Lord is my shepherd; I shall not want

He makes me lie down in green pastures.

He leads me beside the still waters.

He restores my soul;

He leads me in the path of righteousness for

his name sake..

Yea, though I walk through the valley of the  
shadow of death, I will fear no evil. For you

are with me;

Your rod and your staff, they comfort me.

You prepare a table before me in the  
presence of my enemies;

You anoint my head with oil.

My cup runs over.

Surely goodness and mercy shall follow me,

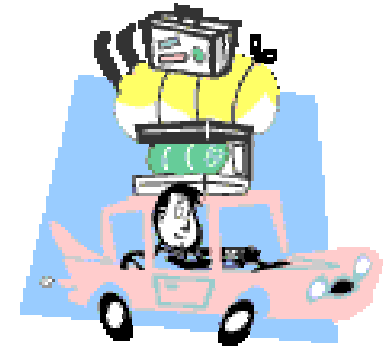
all the days of my life;

And I will dwell in the house of the LORD

forever.”

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# THE LUGGAGE OF LIFE



BY:

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**“Come to me, all you who are  
weary and carry heavy burdens,  
and I will give you rest.”**

**- Matthew 11:28**



Do you remember this game, “I am going on a trip, and I am going to take...?”



Our minds think about all the things we need and sometimes the things we really do not need. These are things for our

physical journey. But have you ever thought about the luggage that you pack without even thinking? As you look around the room, do you see things with which you can identify. Is it any wonder that at times the slugging and lugging around of all this extra weight causes us to become tired? Our trip should be one of rest. We need to lighten our luggage.

“For the sake of those you love,  
For the sake of the God you serve,  
For the sake of your own joy,  
Travel Light.  
Set them down and Trust in God”

As you have entered this Quiet Place mediate on these words.

**“They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”  
Isaiah 40:31(KJV)**



Lay down the load that you carry and think on these words..

**“I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.**

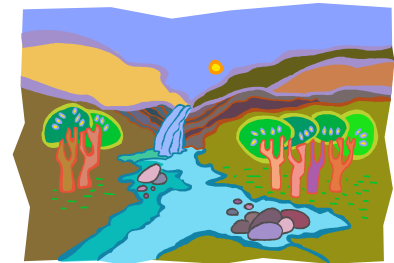
**Phillipians 3:13-14 (KJV)**

Pray the words of this song.

Wash from my hands the dust of earthly striving,  
Take from my mind the stress of secret fear.  
Cleanse thou the wounds from all but thee far hidden.  
And when the waters flow let my healing appear.

Light, life and love are in that healing fountain.  
All I require to cleanse me and restore.

Flow through my soul.  
Redeem its desert places.  
And make a garden there for the Lord I adore.



## **The Luggage of Life Prayer Room**

Items needed for set-up:

3 Tables (rectangle)  
2-4 chairs at each table  
1 Table (small round)  
5 Tablecloths (I used brown)  
2 Lamps  
1 set of Praying Hands  
1 Small Basin and Pitcher  
1 Plaque with a quote relative to the Topic  
2 sets of small votives (I used those that said Live, Love, Laugh)  
Poster Board                      Markers/Pens  
Shipping Tags                      Ribbon

### **Setting**

Two lamps were used to light the room, so that it gave it a more serene feeling.

The Round table is set just as people enter the Prayer Room. On this table is an open Bible, Framed poem 'The Incredible Journey', and the 'Luggage of Life' prayer guides.

In the center of the room there were different types of Luggage. Each piece had a Luggage Tag, with one word that related to what we carry in our lives. 'Doubt', 'Worry', 'Loneliness' 'Guilt', 'Fear'. Other words could be used as well.

The rectangle tables were set around the perimeter so that the center was left open for the focus display.

Each table was set differently but very simple.

Table 1 – A Pair of Praying Hands in the centre with a candle on each side.

Table 2 – The Basin & Pitcher in the centre with a candle on each side.

Table 3 – Plaque in the centre with a candle on each side.

(Each table also had a couple of pens for those who wish to write.)

On 1 wall, there was a Poster Board that had a border of a map. On the top of the Board included the title "The Luggage of Life". Next to this there were a couple of markers, and the shipping tags.

I encouraged each participant who wished, to write on the tag what they desired to leave behind then place their tag on the Board.

## **THE INCREDIBLE JOURNEY**

It seems like just yesterday, Lord,  
That I signed up for this trip,  
When I decided that every day  
Would be a journey with you as my guide.

The road hasn't always been smooth  
But, here I am reflecting on our trip together  
Taking advantage of this 'pit stop' of sorts  
This chance to reflect, rejuvenate, renew  
Taking time for a 'tune-up'  
And my heart is overwhelmed.

When I signed up, I didn't fully understand  
What I would face.

The potholes, detours, falling rocks  
Dangerous curves and construction zones.  
I was not aware of the eternal consequences  
Of my response to every day dilemmas.

Yet, as I look back, I do not see obstacles  
I see a perfect design,  
I see dilemmas which became opportunities  
I see destinations beyond my dreams.  
I see a divinely driven journey.

My journey  
My incredible journey!

And the future? I know not what it holds,  
I only pray: Guide me, O thou Great Jehovah.

-author unknown