

# TRAVEL LIGHT

## GET READY TO STEP INTO 2025

### A Lord's Flock Praise & Worship Topic

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As we start 2025, it is good to reflect on the memories of the past year. Some may good but there may also be some that are unwanted or ugly. The memories can be precious blessings. However, there are also crazy parts that we wish did not happen. The latter may be considered "heavy baggage" that we continue to carry and may imprison or paralyze us. Like travelling, heavy baggage tends to make our journey awkward and difficult. Hence, we must learn to "travel light" – to let go of the past so that we can be free from the weight of stress, worry, regrets. Instead, let us look forward with a sense of freedom and confidence in our abilities to live a fulfilling life. Although we cannot change the past, God can change our future.



One of the disciples of Jesus, Peter, made a serious mistake. During Passover, Jesus said one of His disciples would deny Him three times. Peter was quick to assure Jesus that it would not be him (Luke 22: 54 – 60).

1. **Peter denied knowing Jesus.** When Jesus was arrested, the other disciples fled, but Peter followed Jesus. When he was asked by people in the courtyard, he denied Jesus in 3 ways:
  - 1.1. He denied knowing Jesus.
  - 1.2. He denied being a follower of Jesus.
  - 1.3. He denied being a Galilean.
2. **Peter lamented his denial of Jesus** (Luke 22:61-62). While he was still speaking, the rooster crowed, and Jesus turned to look directly at Peter. Peter immediately realized his mistake, began to cry and lamented his sin and his pride.
  - 2.1. We can relate to this today. When we make a mistake, we feel guilt, shame, regret. Even if we wish we could un-do something, it is already done. We need to let go of the past or the heavy baggage that will only slow us

down, so that we can take hold of the amazing future that God has for us.

3. **Peter was forgiven and restored by Jesus.** After the resurrection, Jesus appeared in the shore where Peter and the others were fishing. They had breakfast together, and Jesus asked Peter a question three times (John 21:15-17) and called him by his original name "Simon, son of John..."
  - 3.1. ... do you love me? Then, feed my lambs.
  - 3.2. ... do you love me? Then, tend my sheep.
  - 3.3. ...do you love me? Then feed my sheep.Peter was hurt but assured Jesus of his love and followed Him.
4. **What is the significance of asking Peter the same question three times?** Peter had to learn from his mistake but without feeling stuck in his guilt.
  - 4.1. Jesus gives Peter an opportunity to repair his fault. Jesus' job is to redeem. This applies to us today, no matter how much we disappoint God, He is a redeeming God.
  - 4.2. Jesus knew that Peter needs to heal so that he can take hold of the future. Healing hurts and takes time to process. Jesus is more concerned with our lasting healing than our short-term feelings. Jesus offers healing so that we can push forward.
5. **How do we let go of our past?**
  - 5.1. Let us accept this truth: "*God's grace is bigger than our past.*" God loves us no matter what we have done. We just need to let go and let Jesus heal us. We are forgiven. We are redeemed. He offers new mercies every day.
  - 5.2. Let us close the door to the past and step into our future. "*I am imperfect, but I am a just tool of God to impact the world.*" "He will wipe every tear from their eyes...for the old order of things has passed" (Rev. 21:4).

**Conclusion:** Letting go means giving up what is beyond our control and embracing what we can change. We can live a life full of happiness, fulfillment and success. Let us focus on the present and create a brighter future.

#### Reflection:

1. What guilt or hurts should you let go?
2. How would you embrace God's blessings this year?

#### SCRIBES Ministry

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<https://lordsflock.org/teachings/digests>

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