**Traveling Light**  
  
"What in the world did you pack in this suitcase?" was the exact question this guy asked as he was loading it. I hadn't traveled in many years and just wanted to be comfortable when we arrived at our destination. So, I packed all the things that would remind me of being home, including my full-size clock radio, my full-size iron, my full-size shampoo, and other full-size comforts of home.   
  
As we travel through the hectic and sometimes chaotic days, many heavy things can add to our suitcases of life. Jesus talks about wanting to lighten our load in Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."  
  
Are you carrying a heavy load? Unpack it piece by piece before the Lord. Let him take it from you through prayer, reading scripture, confession, and offering it all to Him. Let Him lighten your load. Making space opens up room for peace, healing, and hope. He has faithfully helped me unload those heavy things that weigh me down...He will do the same for you. He will!

If we haven't met, I want you to know that when I walked into this church alone with a five-year-old daughter and a two-month-old son, I didn't know if this church was ready for me. But do you know what happened? This church embraced me and walked through the biggest trial of my life. But even bigger than that, the Gospel and what God did in my life changed this girl forever! And I know He will do the same for you as He did for me! He will! Enjoy church, the SPF ministry, and this SPF newsletter. **Allow yourself to get excited about what God has in store for you and your children. It's so good!**  
  
Note: First Baptist in Houston has a wonderful single-parent ministry. They are still zooming their Sunday school if you are interested. Below is the zoom info:  
  
**Fortified**  
Zoom ID: 893 1346 7098  
Start time: 9:30 am  
Contact: Sonia Delgadillo  
  
**Anchor**  
Zoom ID: 999 7101 3377  
Password: anchor  
Start time: 9:30 am  
Contact: Ugochi Emenaha

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