**Travelling Light**  
"What in the world did you pack in this suitcase?" was the exact question asked by the guy helping me with my luggage. I just wanted to be comfortable so I packed all the things that would remind me of being home. I actually decided to pack my full-size clock radio, my full-size iron, my full-size shampoo and other full-size comforts of home...which made that luggage a little on the heavy side.  
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As we head into the new year, it's a great time to evaluate what will get tossed out and what needs to be added to the "2020 suitcase".  
  
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.”  
  
Is your load too burdensome? This is a great time to take all those heavy things to the Lord. Let Him lighten your load. Maybe this year taking out perfectionism or shame and adding some peace, healing, or hope would lighten that load.  
  
Take time to prayerfully consider what's packed in the 2020 suitcase and what needs to be removed. Let the Lord guide you in the right direction.

If we have not met, I want you to know that I walked into this church 25 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! 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.

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