

As God's loved children we seek to travel lightly, fixing our eyes on Jesus, and allowing the Spirit to remove what hinders us.

Matthew 6:19–24 — What are we storing up?

Jesus begins by challenging our relationship with possessions, security and success. The issue is not simply *how much we have*, but what has captured our heart. What we treasure shapes us. And Jesus leaves us with a stark choice: *God or Mammon*. This reading invites us to ask:

What am I accumulating, protecting or pursuing that may be quietly taking hold of my heart?

Hebrews 11:8–16 — What are we living towards?

Abraham and Sarah lived as pilgrims. They stepped out without knowing exactly where they were going because they trusted God's promise. They were willing to live as *strangers and foreigners* because they were looking for a better country. Faith gave them a different rhythm: they weren't driven by the need to settle everything now.

What would change if I became more conscious that I am a pilgrim rather than someone who needs to have everything sorted and secured?

Hebrews 12:1–2 — What do we need to lay aside?

Having remembered the great witnesses of faith, the writer turns to us: "*Let us throw off everything that hinders and the sin that so easily entangles.*" The Christian life is pictured as a race—but the secret is not frantic effort. It is **laying aside what weighs us down and fixing our eyes on Jesus**. The question is therefore not simply, "*What should I do?*" but **"What do I need to stop carrying?"**

Questions to take home

Do not seek to answer all of the questions, but to sit prayerfully with one or two:

1. **What currently slows me down spiritually?**
Is there something in my life that continually drains my attention, energy or capacity to be present to God?
2. **What am I carrying that God has not asked me to carry?**
3. **What am I reluctant to lay down because it has become part of how I define myself?**
4. **What do I treasure so much that the thought of losing it makes me anxious?**
5. **Is there a good thing in my life that has become an ultimate thing?**
6. **Where might God be inviting me to live more lightly and simply?**
7. **What might the Holy Spirit be trying to prune from my life at this particular season?**

Prayer

Lord Jesus

You know the pace at which I live.

You know what fills my mind, what occupies my time, what I carry, what I cling to, and what quietly weighs me down.

Show me the things that have become more important to me than they should be.

Cut away what is unnecessary and remove what is choking growth.

Teach me the rhythm of grace:

not striving, but abiding;

not accumulating, but receiving;

not running in anxiety, but walking in trust.

Amen.