Traveling Light: Releasing the Burdens You Were Never Intended to Bear

by Max Lucado

Discussion Guide

Traveling Light (Word, 2001) examines the promise of Psalm 23 and presents a helpful inventory of the burdens people carry in life. The book shows how God can take away your fear, guilt, loneliness, discontent, and other baggage that wears you down and keeps you from reaching the potential God knows you can achieve.

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Chapter 1
The Luggage of Life

This chapter introduces the concept of traveling light and leaving behind all excess baggage.

1. In your own words, explain what it means to travel light.

2. What thoughts and images come to mind when you read Psalm 23?

3. Why do people carry so many burdens in life? Describe some of the baggage that you’ve observed in yourself and others.

Chapter 2
The Middle C of Life: The Burden of a Lesser God

This chapter shows the name of the real shepherd.

1. What causes you to create gods of your own making? What kind of gods do you create?

2. Why has God revealed his name? Why is that important?

3. Explain why God is the middle C of life and what that means.
Chapter 3
I’ll Do It My Way: The Burden of Self-Reliance

This chapter helps you leave behind the baggage of stubbornness and acting independent.

1. What causes you to make the wrong choices in life? Why do you sometimes rely on yourself rather than God?

2. Recall a time when you “did it your way,” with bad results.

3. Why did David use sheep and the shepherd to illustrate God and God’s relationship with us?

Chapter 4
The Prison of Want: The Burden of Discontent

This chapter examines your wants and shows you what you really need.

1. How can “want” act as a prison?

2. What do you gain with contentment?

3. What do you need to do to escape from the prison of want?

Chapter 5
I Will Give You Rest: The Burden of Weariness

This chapter shows how God provides rest for the weary traveler.

1. What are some of the causes of weariness?

2. Why do you need a shepherd to find rest?

3. What truths do you need to accept and act upon to escape weariness and find rest?

Chapter 6
Whaddifs and Howells: The Burden of Worry

This chapter reminds you that God wants to take away your burden of worry.

1. What price do you pay for anxiety and worry?

2. What are the keys to lifting the burden of worry?
3. Share some current or past worries in your life. How have they affected you? What have you learned from your worries?

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Chapter 7
It’s a Jungle Out There: The Burden of Hopelessness

This chapter shows how God can rescue you when you get lost in the jungle of life.

1. Recall a time when you truly were lost. How did you feel? What did you desire? How were you rescued?

2. How does God restore your hope? What help does God provide? What do we need to do to receive God’s help?

3. What are some common situations in life that cause hopelessness? How can you help someone in these situations?

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Chapter 8
A Heavenly Exchange: The Burden of Guilt

This chapter shows us how the gift of righteousness provides an escape from guilt.

1. Describe what guilt means to you, and explain why people often carry the burden of guilt. How can this burden be lifted?

2. Explain what righteousness is and what insights you gained about it from reading this lesson.

3. What are the physical, emotional, and spiritual costs of the guilt you carry?

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Chapter 9
Get Over Yourself: The Burden of Arrogance

This chapter shows how to replace arrogance with humility.

1. What causes people to be arrogant? How is this destructive?

2. How can you increase your humility and be more humble? How can God help?

3. What lessons have you learned about arrogance and humility so far in life? Share an example.
Chapter 10
I Will Lead You Home: The Burden of the Grave

This chapter shows how to surrender to God your fear of death.

1. How is it possible to face the burden of the grave and be released from it?

2. How have you been touched by death over the years? What have you learned about death as you have grown older?

3. What fears do you think most people have about death? What are your own fears about death?

Chapter 11
When Mourning Comes: The Burden of Grief

This chapter shows how God and his love can lift the burden of grief.

1. What have you learned about grief over the years? Do you need to experience grief to learn about it?

2. Why does grief linger? What do you think shortens or lengthens the grief process?

3. What things do you think are important to remember about God and his love in times of grief?

Chapter 12
From Panic to Peace: The Burden of Fear

This chapter reminds you that Jesus wants to take away your fears.

1. “Rather than focus on the fear, focus on the solution.” Explain the wisdom of this strategy.

2. How did Jesus deal with fear?

3. Why are you sometimes tempted to carry a burden of fear rather than release it?

Chapter 13
Silent Nights and Solitary Days: The Burden of Loneliness

This chapter shows that you may feel alone, but you are never alone.

1. Why don’t you have to be alone to feel lonely?

2. Could loneliness be one of God’s greatest gifts? Explain.

3. What does loneliness mean to you? Recall times when you have been lonely.
Chapter 14
The Crowing Rooster and Me: The Burden of Shame

This chapter shows that there can be release from feelings of shame.

1. In your own words, explain what shame is and what causes it. Give an example.

2. How did Peter deal with his shame? What released his shame?

3. What does Jesus want you to do with your burden of shame?

Chapter 15
Slippery Sheep and Healed Hurts: The Burden of Disappointment

This chapter shows how to heal when things don’t go your way.

1. What disappointments have you had, and how have you dealt with them? What has been your worst disappointment?

2. What happens when you take your disappointments to God?

3. Explain the “go, bow, and trust” method of dealing with disappointment.

Chapter 16
Jam Session: The Burden of Envy

This chapter examines envy, its cause, and God’s cure.

1. Why is envy dangerous? What can it lead to? What can it cost you?

2. What triggers envy in you? How do you deal with it?

3. Explain how remembering a cup overflowing with blessings can help fight envy.

Chapter 17
God’s Loving Pursuit: The Burden of Doubt

This chapter leaves no doubt that God is following you.

1. In what ways are you like Eric? What happens when you, like Eric, doubt your helper?
2. “Surely goodness and mercy shall follow me all the days of my life.” Explain what this means to you after reading this chapter.

3. How does it feel to know that God follows you?

Chapter 18
Almost Heaven: The Burden of Homesickness

*This final chapter explains why you may sometimes feel a bit homesick.*

1. Explain why homesickness is one of the burdens God doesn’t mind if you carry.

2. How can you benefit by changing your attitude about aging?

3. What insights did you gain from reading this book? What stories or themes touched you? How have you been changed?