

The luggage of life.....Psalm 23

Holiday luggage. We are at the carousel in the airport! You can't enjoy a journey carrying too much stuff! Why not cut down on all that luggage?

1. The luggage of life.

Have you not picked up a few extra bags? Maybe you did it this morning! You stopped by the baggage carousel and loaded up. You don't remember? **That's because the carousel is not the one in the airport, but the one in the mind.**

- The bags we grab are not made of **leather**, but they are made of **burdens**.
- The suitcase of **guilt, discontent**, a bag of **weariness** on one shoulder and a bag of **grief** on the other.
- A backpack of **doubt** and an overnight bag of **loneliness**. Then you set out! No wonder we are tired at the end of the day.
- God is saying to you, *Mat 11:28 Come to me all you who are weary and carry heavy burdens and I will give you rest.*

2. Help with the luggage.

God will lighten our burdens.

But how do we let him?

I suggest we find our help in **Psalm 23**.

- These words have been framed and hung in hospitals, and houses. Scratched on prison walls. Quoted by the young and fit, and whispered by the dying.
- These words have been set to music in a hundred songs, translated into a multitude of languages.
- Do you have such unnecessary luggage? Travelling light means trusting God with the burdens you were never intended to bear.
- How can you share grace if you are full of guilt? How can you comfort others if you are down hearted? How can you help carry another's load if your arms are too full of your own?
- **1 Peter 5:7 Unload your worries onto him, since he is looking after you.**
- **God is eternal, unchanging, and ungoverned.**
- Counsellors can comfort you in the storm, but we have a God who **can** still the storm.
- Friends can hold your hand at deathbed, but you need a God who has defeated the grave. Philosophers can **debate** the meaning of life; you need a God who can **declare** the meaning of life .

- According to this Psalm, you have one! He is your **shepherd!**

3. The Prison of Want ¹ *The LORD is my shepherd, I shall not be in want.*

What kind of baggage did you pick up this morning?

1. Our luggage can make a prison.

Jean-Jacques Rousseau starts his book "**The Social Contract**" with the words *Man was born free, but everywhere he is in chains.*

- People are imprisoned by their luggage of life! For example: the prison of **want**.
- The prisoners want something. Bigger, nicer, faster, thinner. They want just one! One new job, house, car, spouse!
- They will leave the prison. BUT, the new car gets old, the new spouse snores, the neighbours get a new TV. Before you know it, another ex prisoner breaks parole, and goes back to jail!
- Are you in such a prison? You are **if happiness is always one thing away**. If it comes from something you deposit, drive, drink, or receive, then you are in the prison of want.

4. How do you get out? What help is there in Psalm 23?

The Lord is my shepherd; I shall not want!

- Think of your house, car, money, jewellery, and clothes. They are not **yours**.
- When John D Rockefeller died, his Accountant was asked, how much did he leave? The Accountant replied, "All of it!"
- *Naked a man comes from his mother's womb, and as he comes, so he departs. He takes nothing from his labour that he can carry in his hand.* Ecc 5:15.
- And, they are **not you!** What you are has nothing to do with the clothes you wear, the car you drive, or the house you live in! Jesus said, **Life is not defined by what you have, even when you have a lot!** Lk12:15.
- Contentment comes when you can say with Paul, *I have learned to be satisfied with the things I have. I know how to live when I am poor, and I know how to live when I have plenty.* Phil 4:11/12.
- You have a God who hears you; the power of love behind you; the Holy Spirit within you.
- If you have the shepherd, you have the grace for every sin, direction for every turn, a candle for every corner and an anchor for every storm. You have everything you need!