



Psalm 84:1 How lovely is Your dwelling place, Lord of Hosts. 2 I long and yearn for the courts of the Lord; my heart and flesh cry out for the living God. 3 Even a sparrow finds a home, and a swallow, a nest for herself where she places her young—near Your altars, Lord of Hosts, my King and my God. 4 How happy are those who reside in Your house, who praise You continually. Selah 5 Happy are the people whose strength is in You, whose hearts are set on pilgrimage. 6 As they pass through the Valley of Baca, they make it a source of springwater; even the autumn rain will cover it with blessings. ...10 Better a day in Your courts than a thousand anywhere else. I would rather be at the door of the house of my God than to live in the tents of wicked people ...

2. Pilgrims: Are our hearts for still set on pilgrimage? Eternal focus Christians are therefore encouraged to see themselves as

Christians are therefore encouraged to see themselves as 'pilgrims and strangers on the earth', 'temporary residents' whose true home is in heaven.

What and how should we live?

1. Let's remember we are PILGRIMS...

What is the key here?



 With Him *"For My yoke is easy and My burden is light."*
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2. Laying aside, packing light - Sin

- Weight
- 3. Do not worry
- 4. Forgive and seek peace
- 5. Looking up, eyes on Christ



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1. With Him:

He is the lifter of our burdens

Matthew 11:28 "Come to Me, all of you who are weary and burdened, and I will give you rest. 29 All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. 30 For My yoke is easy and My burden is light."

2. Laying aside, packing light: Laying down the world for an eternal road

Hebrews 12:1-3 HCSB Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne. For consider Him who endured such hostility from sinners against Himself, so that you won't grow weary and lose heart.

- Sin [missing the mark] and

- Weight [Greek ogkos; ong'-kos; a mass (as bending or bulging by its load), that is, burden (hindrance): - weight.]

"Don't let yesterday take up too much of today" – Will Rogers

Packing light:

Matthew 6:19 "Don't collect for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal. 20 But collect for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves don't break in and steal. 21 For where your treasure is, there your heart will be also."

3. Do not worry:

Matthew 6:25 "This is why I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing? 26 Look at the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? ... 30 If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't He do much more for you—you of little faith? 31 So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' 32 For the idolaters eagerly seek all these things, and your heavenly Father knows that you need them. 33 But seek first the kingdom of God and His righteousness, and all these things will be provided for you. 34 Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

'Unforgiveness is like drinking poison yourself and waiting for the other person to die.'

- Marianne Williamson

4. Forgive and seek peace:

Matthew 6:14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Luke 6:37 "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."

5. Looking up, eyes on Christ:

2 Corinthians 5:7 For we walk by faith, not by sight

Romans 5 Faith Triumphs I 1 Therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ. 2 We have also obtained access through Him by faith into this grace in which we stand, and we rejoice in the hope of the glory of God. 3 And not only that, but we also rejoice in our afflictions, because we know that affliction produces endurance, 4 endurance produces proven character, and proven character produces hope. 5 This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us. MARY CONTRACTOR AND

