

The Art Of Letting Go

A Story Only God Could Start:

Exodus 2:1-10 Acts 7:20-22

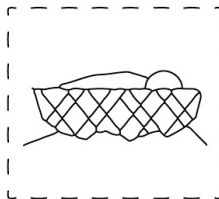
We have to practice **letting go**,
before we ever have to **let go**.

How To Take Our Hands Off The Wheel:

Exodus 2:1-10 Matthew 6:19-34 Psalm 55:22 1 Peter 5:7

- ❶ We have to make a decision to let **something go**.
Feelings don't **disappear** on their own.
- ❷ Live in the **moment**, not the **past** or **future**.
Live with an **eternal** perspective, not a **temporary one**.
- ❸ Don't **ignore** your situation, **acknowledge** your situation.
Stop playing the **victim** or **God**.
- ❹ It's easier to **let go** when we know who we are **giving it to**.
- ❺ I must choose to live out **my new story**.

Sending It Down The River:



Growth Group Homework

For the week of November 15, 2015

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

MY STORY

1. When we talk about the balance between God's part and our part in dealing with our circumstances, at times we can end up in one of two unhealthy extremes. One would be inaction, leaving all results to God. The other would be depending on our efforts so much that there is little room for God's presence and direction. Which extreme would you have to be most aware of in the following areas:

Relationship Conflict

Work Status / Goals

Future Planning

2. This week Chris said to put in your "basket" anything that causes you stress, fear, or anxiety from your past or future and then release the results to God by sending it down the river. Are there one or two that you find harder to put in the river than the others?

Are there any that you not only need to release but actually take more action to understand, think through or solve?

DIGGING DEEPER

1. As we heard this weekend, Scripture is quite clear that "The Art of Letting Go" is not necessarily a call to sit back, relax and wait for God to do a miracle at our leisure. How do the following verses help paint a balanced picture of our part and God's part in dealing with what's in our basket?

Proverbs 14:8

⁸ The wisdom of the prudent is to give thought to their ways,
but the folly of fools is deception. *[NIV]*

Proverbs 14:15

¹⁵ The simple believe anything,
but the prudent give thought to their steps. *[NIV]*

Proverbs 16:9

⁹ In their hearts humans plan their course,
but the LORD establishes their steps. *[NIV]*

Proverbs 19:21

²¹ Many are the plans in a person's heart,
but it is the LORD's purpose that prevails. *[NIV]*

Proverbs 21:5

⁵ The plans of the diligent lead to profit
as surely as haste leads to poverty. *[NIV]*

Proverbs 21:31

³¹ The horse is made ready for the day of battle,
but victory rests with the LORD. *[NIV]*

Which verse above is most important for you to pay attention to?

2. Part of "The Art of Letting Go" may also include reminding ourselves of what's most important and how God may be at work. How might the following verses help you do that and continue to move forward?

Matthew 22:37-40

³⁷ Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.' ⁴⁰ All the Law and the Prophets hang on these two commandments." *[NIV]*

2 Corinthians 4:16-18

¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. *[NIV]*

TAKING IT HOME FOR THANKSGIVING

1. God has designed us so that we best operate from a perspective of thankfulness. Realizing what we already have can also be a key to releasing our past or future to God. Read Psalm 107 and write down all God has done for us and what we can be thankful for.

2. Thanksgiving in 0 to 60: In 60 seconds write as fast as you can all the things you're thankful for in the following three categories:

- Relationships

- Who God is

- Material Possessions / Resources

Prayer Requests:

- ⇒
 - ⇒
 - ⇒
 - ⇒
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