

A Lesson In Letting Go

We're about six weeks into a new reality that's changed our rhythms. Start your group meeting with a time of reflection. What has God been teaching you in this season?

Conversation Starters

- You have to teach someone a lesson about anything you want. What are you an expert on?
- What would you pay to be able to do right now?
- You wake up and your house is on fire! You grab your phone and try to run, but it's tangled up in a bunch of cords. Do you let go and run, or stay and try to untangle it?

Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

Make It Personal

- What are some things you're really appreciating lately?
- Where are some areas you feel unsure, a pressure to change, or like you have to do something you don't want to do? How is that forcing change in your life?
- Share some things God's been setting you free from in this season. (*e.g., pettiness, living too fast, control, etc.*)
- Read Exodus 14:5. The Israelites had to let go of what they knew. What are you

struggling to let go of? *(Is there something you didn't get to say "goodbye" to?)*

- When we get too far back or too far out in our thinking, we can't handle the present. *(The Israelites had a tight grip on the way things used to be.)* How do you need to loosen your grip on the past or future? *(In what ways are you being close-minded?)*
 - PAST: We need to unlearn what we called "normal." What do you need to unlearn?
 - FUTURE: How do you need to loosen your grip on your need to know? Is there something you need to release that you can't control?

SAY: "We're going to take a minute to identify some other things we need to release our grip on. Get a piece of paper and something to write with." Once everyone is ready, have them write down this sentence: "All I've known is ____." Then give the group one minute to write down things they've known or been comfortable in that they need to release their grip on. *(e.g., fear, negative thinking, anxiety, bitterness, pettiness, being easily offended, control, doubt, etc.)*

- Share what you wrote down with the group, and identify your most important answer. Make a group list that has everyone's top answer.
- Romans 12:2 gives us a strategy for releasing our grip — transformation. Read it now. Conformation is from the outside in, transformation is from the inside out. Give examples of how you've experienced both of those.
- What habits could you change to help you embrace more of what God is doing within you and less of what the world is doing around you?
- It's easier for God to change our hearts than it is for us to change our habits. What's a habit you're struggling to change? Why? *(Think about what's not working around you. This habit could be activities, ways of thinking, how you're relating to people, etc. Habits are HARD to change, and that's okay. Give your group permission for this to be challenging.)*

Act On It

Think back to the top answer you wrote down that you need to let go of. What new truths need to replace it? Take a step this week to let go of the old so you can take the new truth. *(Consider making a new habit to help you do this.)*

Prayer Requests And Prayer

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

Father, thank You for always working within us to make us better. Transform our minds; show us Your normal. Help us let go of the things behind and press toward the things ahead. Loosen our grip on the things we're trying to control and remind us that we can trust You with all the things we don't know. In Jesus' name, amen.