

Let Go – Week 12 – What are you still holding on to?

Remember:

1. What was the main idea from week 1?
2. What did you apply in your life last week?
3. What did we learn this week about habituation and our olfactory sense?

Read Aloud:

Psalm 139:23-24

Discuss:

1. What have you normalized in your life that God never intended to be normal?
2. What are the four panes in the Johari window? Which pane do you need to see more clearly?
3. Pastor Travis said that often the hardest thing to surrender is the thing we've been justifying the longest. What impact did this statement have on you?
4. What stood out to you about the difference between conviction and condemnation?

Apply:

1. When was the last time you were fully present in a moment? If you can't think of an answer, what is it that pulls you out of moments?
2. What are you defending that is quietly draining you?
3. How is fear or anxiety driving your activity or determining your schedule? What does your answer reveal to you about your heart?
4. What behavior are you trying to change without allowing your heart to change first?

Pray

Everyone rewrite Psalm 139:23-24 in your own words as a prayer for yourself. Break into groups of three and pray your prayers out loud.