

## Outline

Scripture - Matthew 11:28-30

Obstacles to Letting Go

- Pride
- Guilt
- Fear
- Worry
- Doubt

Start the Process of Letting Go

- Come to Christ - Mt. 11:28.
  - \* Recognize your need
  - \* Reach out
- God will not let you go!

Letting Go

- Receive Jesus Christ as your Savior - John 1:12; Romans 10:9-10; Acts 8:36 & 16:31.
- Receive God's Word as your Standard - 2 Timothy 3:16.
- Receive God's Will as your Purpose - Psalm 40:8; Jeremiah 29:11.
- Receive God's Power as your Strength - Philippians 4:13.



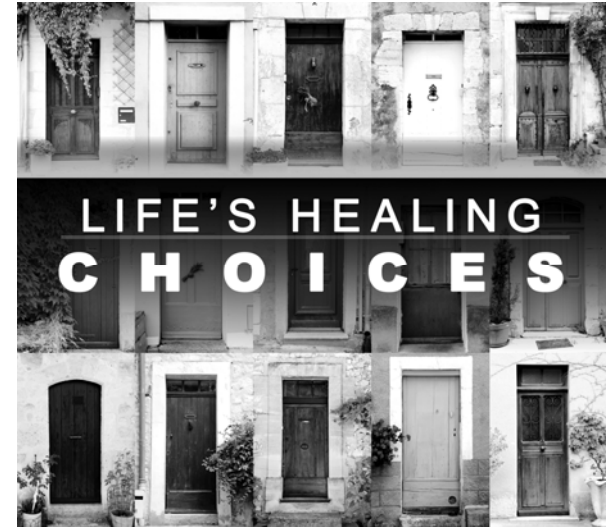
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*Come, Meet, Grow, Serve*

# CONNECT



**Let Go**

Rev. Jeremy Smith — Exchange, 9:30 & 11:02 a.m.

# CONNECT

...in Community

Do you remember playing the game “Mercy” on the playground as a kid? It may just be a guy thing but let me remind you of it. You take both hands and interlock your fingers with your friend’s across from you. At the command of “GO”, you try to bend your friend’s hand backwards so hard it hurts until they finally scream “MERCY”. That is your signal to LET GO! Now doesn’t that sound fun? Our hurts, habits, and hang-ups are much that same way. How bad does it have to hurt before you LET GO and let God take control? MERCY!

*meet*

Divide your group up into a couple of teams. Give each team a piece of paper and a pencil. Pick a person to record all the answers. Set a timer for 3 minutes and have each team list as many things as they can that you have to “Let Go” of for them to work properly. EXAMPLE: Car Key—after you turn it you have to let go or you could damage your car. After the game is over, share some responses and then ask - Why in life do we hold so tightly to our hurts, habits and hang-ups? What damage does it cause by doing so?

*grow*

What causes us to not allow God to have control?

**1) Pride: Read Proverbs 18:12.**

- What do these verses mean to you?
- How can pride portray itself in our lives? (discuss examples)

**2) Guilt: Read Psalms 40:13.**

- Have you ever felt like that verse?
- What is it that you have done that God can’t forgive?

**3) Fear**

- What are you afraid of if you allow God to control your life?
- Define Freedom. Can you have fear and freedom? Why or why not?

**4) Worry**

- Name something you worried about this week. Did it help to worry?
- Think of a time that you gave control of something to God and stopped worrying about it. How was this experience different?

**5) Doubt: Read Mark 5:35-43.**

- Do you see doubt or faith in this story? How did it transform?
- Where are you at in your faith journey? What do you need to turn doubt into faith?

*serve*

How do you take the next step? 1) Accept Christ as God’s Son and your Savior. 2) Accept God’s Word as your standard for your life. 3) Accept God’s will as your strategy and goal in life. 4) Accept God’s power as your strength.

# CONNECT

...in Word

**Notice the text** | read the passage slowly and thoughtfully

**Engage the truth** | what do I see about God, His promise or command, life, sin, me

**Apply to life** | how does this passage apply to my life now

**Respond to God** | write a reflection, prayer, action, decision

**Day 1** Read Matthew 11:28. Are you tired: emotionally, spiritually, physically? Pray today that God would give you rest. Exchange your burdens for His blessings, your pain for His protection, your hurts for His healing.

**Day 2** Read Proverbs 10:8. What are you trying to control in life and not willing to give to God? Pray and submit them to God and ask Him to take control and then live out your prayer.

**Day 3** Read Isaiah 41:10. What fears do you have right now in life? How does this verse give you encouragement? Pray that God would turn your fear into faith. Take in the promises of God in this verse.

**Day 4** Read Matthew 6:34. What does this verse say to you? What can you do today to live for God? Pray for God to help you keep your focus on TODAY and to live for Him and allow tomorrow to be your focus for tomorrow.

**Day 5** Read Philippians 4:13. What has God asked you to do? Be very specific and write it down. If you don’t know, then stop doing everything until you do know. If you do know, stop doing all the things He doesn’t want you to do. Pray that you would have God’s strength to do the things that He desires you to do, then submit them to Him.