



05.17.2020

## LET GO AND TAKE HOLD Discussion Guide

### BIG IDEA

In this season of uncertainty, Pastor Daniel encourages us to depend on God instead of ourselves and allow God to free us from the things that are holding us back from being fully alive. If we have fallen into old habits that weigh us down and keep us from God's best for our lives, we can remember that we don't have to walk through life burdened by the things that don't stand the test of time. Even in times like these that God uses to shake us up, we can trust that what is unshakable will remain.

### SCRIPTURES USED IN THE MESSAGE

- Hebrews 12:25-29
- 1 Corinthians 3:12-15
- Proverbs 3:5-6
- Proverbs 18:24
- Hebrews 13:5
- Galatians 5:1
- James 5:16
- Ephesians 2:10
- Matthew 28:19-20

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What do you reach for in times of instability? What are some examples of things that can be shaken?
- How is God moving you from being self-dependent to God-dependent? What are some things God is moving out of your life in this time of shaking? How do you let go?
- How do we recognize and let go of burdens we have taken on and (re)discover freedom?
- What steps will you take (or have you taken) to let go of being distracted so you can take hold of God's purpose for you in this season?
- How are you using this time to follow God's lead in helping others?

### APPLICATION IDEAS

- Commit to letting go of talking (or posting) and picking up acting.
- Sign-up for online Growth Track if you haven't attended yet or need a refresher.

### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray and ask God to remove the comfortable things from our lives that are preventing us from growth.

### LEADER TIPS

- Call someone you trust, such as your coach, and get honest about things you're struggling with during this season, pray with them, and reclaim your freedom.