

The 5 Practices RELEASING

Recap & Session Thoughts

- Discuss how the past two weeks have gone in regards to intentional times of meditation/REFLECTION.
- Write down and discuss anything that immediately caught your attention in the video.

REFLECTING **RELEASING** RECEIVING RESISTING RESPONDING

Discussion Questions:

1. During any given week how much anxiety do you feel? What does it mostly revolve around? To what degree does that anxiety affect your decisions/reactions?
2. Matthew 6:31-33 refers to RELEASING control of our lives and the fears of not having necessities. Philippians 4:4-7 refers to RELEASING anxieties. Which one of these is the most difficult to let go of Control/Fear of the future/Anxieties? What makes it difficult?
3. How successful are you at turning over fears/anxieties/control to the Lord throughout the day? Give some examples of when it has gone well or when it has not gone well?

Next Steps

As difficult moments come up in the day, moments that create fear and anxiety, take a second to acknowledge God's promises about his care for you and the goodness of his will in life above the goodness of your own will. In light of that turn over control and fears about future outcomes to him. Keep track of how it goes and recap next week.

If you need to talk further about anything discussed tonight your leaders have other resources and are eager to discuss these things with you.