



Love God Love People Live Like We Mean It

Letting Go of What Holds You

Group Share

1. What is one way you won last week?

How to Catch a Monkey

In some countries, locals eat monkey brains as a delicacy. Hunters catch the monkeys by putting an apple inside a small cage with a hand-sized hole. The hunter places the apple inside of the cage and waits. When the monkey arrives, it reaches into the cage and grabs the apple. The hole is small enough the monkey cannot remove his hand without letting go of the apple.

The rest is easy for the hunter. Once a monkey has hold of the apple, the hunter can simply walk over to the monkey, knock it out, and take it home.

If the monkey would only let go of the apple, it would live, but instinct drives it to hold on, even at the cost of its own life.

Recovery Requires Letting Go of What Holds You and Pursuing What Lies Ahead

Philippians 3:12-14

“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

John 10:10

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”

Pause for 5 Minutes of Journaling - What thoughts and emotions is this topic stirring inside of you?

Break into small groups to discuss the following questions.

Questions to Consider:

1. What holds you back and robs you of the rich and satisfying life Jesus came to give you?
2. Can you imagine a future without holding onto this issue? What would be different for you?
3. How can you take a step to let go of what holds you back?

Gather Back as One Group and Share What You Got From Today’s Discussions - End In Prayer