



Love God Love People Live Like We Mean It

The Black Box

Group Share

1. What is one way you won last week?

Thrown Into the Sea

Micha 7:19

You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.

While we throw things over as anchors, God throws them over to lighten the ship.

Matthew 11:29-30

“Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Black Box Exercise

Imagine you were given a black box where you could put in your greatest pain or regret. Then it would be erased and the memory of it thrown into the sea, never to be seen again. What would you put in this box? Are you willing to give it to God, allow Him to throw it into the sea, and live under the lighter yoke of His forgiveness?

Pause for 5 Minutes of Journaling
What emotions and thoughts is this discussion stirring in you?

Break into small groups to read discuss the following questions

Questions to Consider:

- What would your mental and emotional health be like if you let go of what you put in the box?
- How would this new freedom impact your relationship with God and others?

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