

# With Open Hands

Pastor Dave Nichols, Grace Point Church, September 18, 2016

## Insights on Exodus 2:1-10

### Letting Go...

- We have to practice \_\_\_\_\_,

before we ever have \_\_\_\_\_.

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### How do we let go?

#### 1. We have to make a decision...

(Matthew 6:19-34, Exodus 2:3)

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#### 2. Live in the moment...

(Colossians 3:1-10, Matthew 6:34)

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#### 3. Don't ignore your situation...

(Psalm 55:22)

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#### 4. It's easier to let go, when we know...

(Matthew 11:28-30, 1 Peter 5:7)

#### 5. I must choose...

(Isaiah 43:18-19, 2 Corinthians 5:17)

## This weeks discussion guide:

Welcome to week 2 of our Small Group Session!

If you are just joining a small group this week, then a special welcome to you. Praying that this is a time of growth as you study God's Word together. This is a 10 week session of small groups as we will wrap up the week of November 13th.

### Getting Started:

1. Have you ever been in a situation where you were supposed to be holding on to something, and then you dropped it? What happened? How did you feel? (The more embarrassing the better!)

2. We spent a lot of time talking about letting things go. Is there something from your past or a fear about your future that you have successfully given over to God? How did you go about doing that, and what has life been like since you have let it go?

**Quick Review:** Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

### Digging Deeper:

1. Opening our hands and releasing things to God doesn't mean we just sit back and relax expecting God to do a miracle at our leisure. How do the following verses help paint a balanced picture of our part and God's part in dealing with what we need to "open our hands" to?

- Proverbs 14:8
- Proverbs 14:15
- Proverbs 16:9
- Proverbs 19:21
- Proverbs 21:5
- Proverbs 21:31

2. Part of opening our hands may also include reminding ourselves of what's most important and how God may be at work. How might the following verses help you do that and continue to move forward?

- Matthew 22:37-40
- 2 Corinthians 4:16-18

In light of these verses, what are some things that would prevent you from moving forward and opening up your hands to what God has for you?

3. In order to live in the moment, it was suggested this past weekend that we need to live with an eternal perspective. When we fully live in the moment, we are not victimized by our past or held captive by our future. Read Colossians 3:1-10. How does this passage help us to live in the moment with an eternal perspective? How can you practically live out these verses in your daily life?

4. When we open our hands to the Lord we are able to not only release our hurts from the past and our insecurities about the future, but we are also open to what God wants to give us. Read Isaiah 43:18-19. How can these verses encourage us to open up our hands to what God wants to do in our lives? How can these verses encourage us to live into our new stories as followers of Jesus?

Wrapping Up:

Based on last week's message and our discussion, is there any specific application that God might be prompting you to live out?

Take a few moments to take some prayer request and spend some time praying for the other members in your group.