



JUNE 13/14

LET  
IT  
GO

JOHN FULLER  
SENIOR PASTOR

## INTRODUCTION

Last week, Pastor John began our *Note to Self* series by focusing on how fear can't win. This week, he focused on three spiritual practices we can implement to help let go of past or present issues that destroy our relationship with God and others.

## DISCUSSION

1. Name something or someone that often produces a troublesome emotional response in you. What emotions surface when this comes to mind? (e.g., fear, anger, resentment, emotional pain, sorrow, guilt, etc.) How often does it cross your mind, and how do you manage those thoughts and emotions?
2. **Read 2 Corinthians 5:16-20 and Philippians 4:1-3.** The very nature of God is to reconcile Himself to man and that men might reconcile with each other. Have you ever reconciled with someone? Have you ever helped two individuals reconcile? What are some practical steps in helping others reconcile?
3. **Read Philippians 4:4-7 and 1 Thessalonians 5:16-18.** The Apostle Paul says another way to let an issue go is to rejoice. What are we declaring when we sincerely rejoice and treat others with gentleness while still experiencing conflict with them?
4. **Read Philippians 4:6-7.** Why does focusing on the positive and reframing our thoughts help us resolve issues with others?  
**Read 2 Corinthians 10:5.** What is meant by making our thoughts obedient to Christ?

## DO SOMETHING

1. Pick one individual and begin working on a better relationship with him or her. Start by praying for them. Focus on the good traits of that individual and how God is forming you into Christ's image (see Romans 8:28-29) during this trial.
2. Are there people in your life you can encourage to reconcile? If so, first pray for them. Ask God if He can use you to encourage reconciliation between them.
3. Ask God if there is an area of your life where you need to repent or draw closer to Him.

## RESOURCES

1. Read *The Devil In Pew Number Seven* by Rebecca Nichols Alonzo.
2. Read *Facing Your Giants* by Max Lucado.
3. Read Philippians 4 every day this week.