

## COLD SPRINGS CHURCH

*"Restored. Strengthened. Transformed. By grace. With love. Through Jesus."*

Watch the Sermon: <https://www.coldspringschurch.net/sermons.html>

**Apr 28: "Let It Go. Really."** (Eph. 4:20-24; Mark 1:14-15)

### ICE BREAKER

How would you explain "repentance?"

### ONE THING STUDY

1. Read this week's key passage(s).
2. Pick One Thing (a word or phrase) that stands out.
3. Talk about it with someone.



### QUESTIONS TO CONSIDER

We consider change as taking off the "old self" and putting on the "new self in Christ" (Eph. 4:20-24), through the: *Word of God. Spirit of God. People of God.*

1. What stood out to you about the weekend message?
2. Share your experience with *last week's Assignment* in awareness (see box below).
3. Surrender is "emptying your hand so Jesus can take it" —

Consider this week's Assignment (alone & in group): Think about your life...

***What have you had to let go of to get where you are now?***

***What is hard for you to let go of?***

***What do you need from God to release the past?***

**Invite Jesus into your life: *As it is. Where you are. As you are.***

**PRAYER** God is worthy to be sought - take time to pray together in your group.

*Jesus, I want to take hold of the new life you have for me. I want to have new thoughts, to feel as you would have me feel, to live and act in ways of blessing to me and others. I am afraid to let go of what I know so I can receive what I do not know. But today, I open my hand to release what is past so I can receive your hand to love and guide me. I give you my hand. Guide me. I trust you. Amen.*

***Thinking:*** My thinking is from my beliefs about myself, others and the circumstances I am in.

***Feeling:*** My emotions come from my beliefs.

***Doing:*** My actions are driven by my beliefs and my feelings.

***Being:*** The state of my soul reflects whether I am grasping for control or in a posture of surrender.

***Ask yourself:*** "Where is that thought/feeling/action coming from?" "Is it true?" "What is true?"

*Interested in Next Steps @  
Cold Springs Church?  
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