

Say What?

Let Go And Let God (Week 1)

LifeNotes

TALK IT OVER

Main Idea

Stop “letting go and letting God”. Instead, “Trust God and get going.” – J.I. Packer

Key Scriptures

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes.
Matthew 6:25

Who by worrying can add a single hour to his life? Matthew 6:27

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:33-34

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

“Every [person] is a theologian. The issue is not whether we are going to be theologians but whether we are going to be good theologians or bad ones.”
– R.C. Sproul

Well meaning “Christian” phrases can lead to unfortunate and confusing conclusions.

Negatives to the phrase:

1. Religiosity and pride.
2. False sense of control.
3. Unrealistic expectations.

Start talking.

- What are some church clichés you’ve heard?
- What is the appeal behind those “bumper sticker” catchphrases?
- What is the danger in basing your theology on some of these phrases?

Start thinking.

- What are the positive implications of, “Let go and let God”?
- Read Matthew 6:25-34. How does this passage sow the seeds of, “Let go and let God”?
- What does Jesus invite us to release to God?
- What is the difference between utilizing the phrase as an element of your theology vs. the centerpiece?
- Read the negatives to the phrase. How do you see those play out in a cliché like “let go and let God”?

Start sharing.

- Read 1 Peter 5:6-7. How does that verse add greater depth and understanding to the concept of, “let go and let God”?
- What posture does Peter suggest we should begin with when approaching God?
- What does it look like for you to cast your anxieties on Christ?
- How do you know that God, “cares for you.”?

Start doing.

- What “churchy” phrase/cliché/concept you need to reevaluate and maybe stop using?
- How can you approach God with a deeper sense of humility this week?
- Read the J.I. Packer quote. How can you apply that to your life this week?

Closing prayer.

Dear Lord help me to dig deeper into the truth of your love and of scripture. I confess at times I have oversimplified and minimized the transforming power of the Gospel. Help me to speak truth to others that genuinely reflects your true love and passion for them. As I do, remind me of your great love for me as I daily choose to cast my anxieties and worries on you.