

# Tethered

## Letting Go (Week 1)

### LifeNotes

## TALK IT OVER

### Main Idea

**Freedom is found when we cast off what holds us back and tether ourselves to the life-giving love and purpose found only in Jesus.**

### Key Scriptures

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, Hebrews 12:1 NIV

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in Heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. Matthew 6:19-21 NIV

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! Matthew 6:22-23 NIV

No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. Matthew 6:24a NIV

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1 NIV

**What we are tethered to defines our present and determines our future.**

**We cannot stay tethered to two things pulling in opposing directions.**

### Start talking.

- What are things we can tether ourselves to, good and bad?
- Why is it difficult to let go of the things that hold us back?

### Start thinking.

- Read Hebrews 12:1. Who are the “great cloud of witnesses”? Why should that result in us throwing things off?
- Why the two categories of things that hinder and sin that entangles?
- What should we grab hold of instead?
- Read Matthew 6:19-21. How does this connect to the Hebrews verse?
- Read Matthew 6:22-23. How does what we focus on affect our direction in life

- Read Matthew 6:24a. What is the larger principle Jesus is teaching here?
- Read Galatians 5:1. How does this verse relate to trying to tether ourselves to opposing forces?

### Start sharing.

- What are “hindrances” and “entangling sins” that God is calling you to cast off?
- How are the two categories different for you?
- How has clinging to things hold you back kept you from moving forward?

### Start doing.

- Define what you are tethered to. Speak and or write out those things. Unspoken things have the greatest power over us; whereas speaking truth tethers us to our freedom found in Christ.
- Take hold of the promises of God. Commit to memory Hebrews 12:1 and Galatians 5:1.

### Closing prayer.

Jesus, I thank you for the faith of those that have gone before me and the community of faith that surrounds me. Help me cut ties with what hinders me and the sin that seeks to entangle and destroy me. Give me the wisdom and courage to grab tightly to the path you have marked out for me; trusting in you to pull me ever onward.