

HOW TO LET GO

James 4:13-17

MAIN IDEAS FROM THIS WEEK

1. THE PROBLEM
2. WHY THE PROBLEM IS SO DANGEROUS
 - We are more ignorant than we realize
 - We are more dependent than we realize
 - We are more frail than we realize
3. THE SOLUTION

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. A "boast" is anything you use to give you the confidence to live life. This week we heard about a specific form of boasting which occurs when we look to our planning, research, intellect and strategy to give us confidence. Where can you see this specific type of boast in your life? What are some differences between wise planning and the arrogant boasting that James is talking about in this passage?
3. The problem James brings up in 4:13-17 is what we can call "the life-control illusion." This is the idea that not only do we know how our lives should go but also that we are able to make them go that way. James gives us three wake-up calls in this passage to get us out of this mindset. He says we are 1) more ignorant, 2) more dependent and 3) more frail than we realize. Which of James' three wake-up calls is most helpful for you to hear? Why?
4. Worry is one of the most common symptoms that comes with trying to control our own lives. That's because worry is essentially the idea that, "I know how my life is supposed to go and I'm afraid it won't go that way." What do you worry about? How can we deal with worry?
5. In order to let go of trying to control your life all you have to do is trust God. But we can't just push a button to make that happen. How do we trust God? What has made it hard for you to trust God? What, specifically, has helped you to trust God?
6. **GROUP CHECK-IN:** We want to build authentic, Jesus-centered community in our group. We also know that we aren't perfect. This means we can always be improving and thinking of new ways to deepen our relationships with one another and with God. How can we improve our group?

A TRUTH TO TAKE WITH YOU: If you want a boast that can help you walk through anything in life, then make the love of Christ your boast.