

Living the Abundant Life

By Letting Go

What are you attached to? What is it you can't ... or more honestly ... won't let go of? Something you own? A relationship? A deep seated belief? A hurt? A memory? We all have "stuff" we would find it difficult to let go of, and yet Jesus, the Apostle Paul, the Buddha, and modern psychologists have all said that our attachments are key sources to our own misery. The old saw, "Let go and let God" is probably good advice, but to be fair, it seems a little too cute ... perhaps a bit trite. But in the pursuit of a full abundant, meaningful, successful, purposeful life, we can't afford to leave any stone unturned.

1 Corinthians 7:26–32a

1. Nothing in this world will _____ us because we were not _____ for this world.
2. Most people find _____ to be most _____.
3. A god you can _____ cannot _____ you.
4. The only way to experience a full and abundant life is to let go of the _____ in order to be _____ by the God who created you.

My Count Me In! Commitments

- I'll be here next Sunday
- I'll invite a friend
- I'll test my faith (is it biblical?)
- I'll engage in Bible study ... not just Bible reading
- I'll test my faith (is it the priority?)

Additional Notes

Digging Deeper, Going Further

Monday

Read: Exodus 5

1. Did God tell Moses and Aaron to deceive Pharaoh about their intentions (to worship for three days rather than a call to free them)?
2. What reasons did Pharaoh give for not letting the Hebrews go worship?

Reflect: At the beginning of a great change often comes great opposition. How did Hebrew leaders respond to the changes? How did Moses respond? How do you respond when confronted with change?

Tuesday

Read: Exodus 6

1. What do you think it means to be a nation chosen by God? (v 7)
2. Why was Moses hesitant to return to speak to Pharaoh?

Reflect: There's an old saw, "If at first you don't succeed, try, try again." How did Moses respond to his failures (this is the second time he tried to free the Israelites)? How do you respond when you fail at something?

Wednesday

Read: Exodus 7

1. How did Moses and Aaron respond to the God's commands?
2. How were the Egyptian magicians able to duplicate God's miracles?

Reflect: Why do you think people harden their hearts rather than listening to God?

Thursday

Read: Exodus 8

1. Why did Moses allow Pharaoh to choose the time when the frogs would die?
2. What was the magicians' conclusion about the plague of gnats? (v 19)

Reflect: Pharaoh was commanded to let the Israelites leave Egypt and he didn't want to do it. What commands have God given you that you don't particularly want to do?

Friday

Read: Exodus 9

1. Why did God harden Pharaoh's heart? (v 13–16)
2. How did the Egyptians respond to the threat of the Lord sending hail? (v 20–21)

Reflect: The Pharaoh had good intentions in his time of trouble, but he fell back to his old ways when the trouble was lifted. What good intentions are you struggling with?

Saturday: *Who will you invite to worship with you tomorrow?*