

LETTING GO

LENT 2024 | DIOCESE OF ATLANTA

WEEK 2: LETTING GO...OF CONTROL

These reflection guides are designed to supplement the videos, for use in a small group Bible study. They are created for the leader's ease of use, and with links to free web-based resources.

REFLECTION

Jesus was declaring the power of letting go just as Peter tries to control the moment, the message, and the man.

Fear is always seeking to motivate us. Always subtly vying for control of us. Stalking and shaping our worldview...

"The only way to save your life is to give it to God"

Jesus doesn't try to control us. Just an invitation into a deeper relationship with the One who can be trusted with control of all the worlds.

~Bishop Wright

SCRIPTURE

Read Mark 8:31-38. Jesus rebukes Peter's trying to control the situation.

Read Abraham's story in Genesis.

- Gen. 12:1-7: Abraham is promised an heir at 75 yrs old.
- Gen. 15:1-6: Abraham worries his servant will have to be his heir since he still has no children. God again promises him a child.
- Gen. 16:1-6: Sarah is still childless and they take matters into their own hands and try to get an heir through Sarah's handmaid, Hagar.
- Gen 17:1-7,15-22: God tells Abraham at 99 yrs old he will have a son with Sarah
- Gen 21:1-7: Isaac is born when Abraham is 100 yrs old

Where do you see trust and/or control and/or fear in this story?

DISCUSSION

- When you think about how humans try to be in control, what areas of your life spring to mind for you?
- Fear often drives our need to be in control. Where might this be true in your own life? What fears are motivating the desire for control? How might you resist fear and lean into trusting God? Are there specific areas where you want to work on this?
- When you think about letting go of control and trusting God, what might that look like in your life? What possibilities open when you let go? What practices might you adopt to help you? What new behaviors might you try out?
- How do you feel the Spirit inviting you to go deeper in relationship with the One who can be trusted with control? What specifically do you need to do to accept that invitation?

ARTICLES

For Further Study:

"Be not afraid" is one of the most repeated commands in Scripture. A few verses about fear and trust are here:

<https://www.biblestudytool.com/topical-verses/be-not-afraid-bible-verses/>

Which resonates most with you right now?

PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

A Prayer for Serenity, attributed to Reinhold Neibuhr.

TAKE-AWAY

Identify 5 things you are worried about in this upcoming week.

What does letting go of control and leaning into trust look like in these areas?

Identify 5 things you want to try to help you lean into trusting God this week.