



Leading People into a Growing Relationship with Jesus Christ!

Series: Catch and Release

Message: "Released!"

Date: September 17-18, 2016

Learn

In this third and final sermon in the series "Catch and Release," Pastor John gives us four steps to be "released" from our hurts, habits, and hang-ups!

To review, in the first, "Caught and Wanting Release," he shared that self-deception PLUS self-reliance EQUALS self-destruction. Jesus asked the paralytic, "Would you like to get well?"

In the second, "Coming Clean," confession to God and someone you trust was shared as the means to give God your whole heart and allow God to make your heart whole.

This week, we find Jesus telling a newly-healed paralytic, "Pick up your mat and walk!" This is what Jesus wants to do with your past. Your "mat" is your story, and God wants to use it to honor Him, help you, and encourage others! Here are four steps to walking in God's grace:

1) Depend on God...one day at a time.

"Give us today the food we need!" **Matthew 6:11 (NLT)**

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" **2 Corinthians 5:17 (NLT)**

2) Focus on people who help...not hinder.

You were running the race so well. Who has held you back from following the truth? **Galatians 5:7 (NLT)**

3) Recycle/renew your thoughts.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." **Romans 12:2 (NLT)**

4) Recycle your pain by helping others.

"But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God." **Acts 20:24 (NLT)**



Leading People into a Growing Relationship with Jesus Christ!

Live

Look back at your life: what caused you to be open, vulnerable and honest to God's leading in your life?

Have you ever had to put boundaries up between you and people who were hindering your relationship with God? What is a healthy way to accomplish that?

While some religions promote "emptying the mind," Jesus says that to have a renewed mind, you must re-fill it with good things! Describe the process of replacing unhealthy thought patterns with healthy life-giving thought patterns.

Love

Does the idea of recycling your pain by helping others give you a new perspective on:

- Your past?
- God's attitude towards you and your past?

Has anyone ever helped you through your difficulties by "recycling" and sharing with you their past, pain, and progress?

Lead

What characteristics do you look for in a healthy leader?

Is it important to you for your spiritual leaders to have experienced failure, grace, and growth? Why or why not?

Pray!

Everyone experiences hurts, habits, and hang-ups. Pray honestly for yourself and others as you celebrate God's grace and work to show it to others!