

WEEK 03

➤ WATCH VIDEO 3

➤ DISCUSS

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:11-12

As you approach the topic of letting go, remember that Grace is your teacher.

- 1) What is a big change that you have experienced and how did you feel?
- 2) What did you learn about yourself and God through that transition?

“You can’t exclude yourself from the transitional process. It’s simply a process that you have to go through. We don’t want to take that time, so we shortcut the process, and when we do, we shortcut our development.” - Hud

Receiving a promotion is a positive change. There may be immediate title, pay, location, and influence changes, all primarily positive. It could be confusing then, when negative emotions arise in the transitional process such as grieving old relational dynamics, routines, predictable goals and expectations, etc.

- 3) Based on this example, what is the difference between transition and change?
- 4) Why do you think transition is so key to development?
- 5) We don’t always recognize the grief that accompanies change, especially when that change is primarily positive. What happens when we fail to embrace the grief that comes with change?

Hud explains that chaff is necessary for the beginning stages of development in wheat (the chaff is referred to as a husk in this beginning stage). Without this protective casing, the wheat seed could not develop, but before the wheat can be used, the husk must be removed. This process happens in our lives as well. What was once useful must be removed. There are people and processes in our lives that were necessary for our growth in a season, but they may no longer be aiding our growth. And like the chaff, there may be things in your life that must be removed before you can be used to your fullest potential.



WEEK 03

- 6) How can grace lead this process of identifying the chaff?
- 7) Identify the things in your past or present that you need to let go of because they're holding you back from growth. What action could you take to offload the chaff you've been carrying?

► PRAY

Spend the last 10 minutes of your time together praying for one another's past, present, or upcoming transition?

