**‘STEPPING STONES TOWARDS SPIRITUAL GROWTH’**

**WEEK 3 – ‘Releasing’ – week beginning 29 July**

Bible reading: Luke 10:38-42

* Watch PREVIEW CLIP together
* God is far more able to deal with things that ‘weigh us down’ than we are. Read the following passages from the Bible (Isaiah 40:21-31, Matthew 6:25-34, Romans 8:28-39) and share together as a group about the picture it gives you of God and the confidence we can have in Him.
* Even knowing that, what can stop us from ‘lightening our load’ and ‘releasing’ things to God in prayerful trust?
* Why do you think ‘releasing’ things to God in prayerful trust is such an important part of the process of taking in all that Jesus has for us to learn and grow in?
* The areas highlighted where we might be carrying things that need ‘releasing’ to God prayerful trust were
* life burdens
* barriers such as failure, fear or unforgiveness
* mistruths we can believe about ourselves, God or others
* emotional wounds and baggage

Break into pairs in your group and share which of these above areas have been, or are, are the greatest challenge for you to ‘release’ to God?

* Again, in those pairs, what’s a ‘next step’ you could take in that?
* Finally, still in pairs, pray for and encourage each other in that ‘next step’