



# LET IT GO

## PART I: LETTING GO OF NEGATIVE EMOTIONS

**ICEBREAKER** | What is ONE thing you look forward to in 2019? Share with your group.

**INTRODUCTION** | Life is full of problems! It's when we come face to face with these problems that we often experience negative emotions such as anger, worry, fear, stress, disappointment, resentment, dread, sadness, temptation, and impatience. Thankfully, God has given us different ways to not only deal with our problems but to let go of the negative emotions that come along with them. Read the scripture below:

*"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise."  
(James 5:13)*

According to the Word of God, one of the best ways that we can let go of negative emotions in times of trouble is to PRAY. It is wise for us to process our thoughts and feelings with God. No problem is too big or too small to process with God because He cares about each and every one of us!

**DISCUSSION QUESTION #1** | **How do you initially react when you're faced with a problem? Share with your group.** (i.e. freak out, get upset, complain, etc.)

Another way to empty ourselves of negative emotions is by holding onto God's promises. This speaks to the importance of reading His Word. God loves to encourage and guide our thoughts as we listen to Him through His written words to us. Throughout scripture we can find promises from God that we can hold onto for hope and assurance in times of need.

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Read the following scripture:

*"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you."* (Deuteronomy 31:6)

**DISCUSSION QUESTION #2 | How does God's promise in Deuteronomy 31:6 encourage you? Share with your group.**

The 3rd way we can let go of negative emotions in our lives is to praise God in the midst of our sorrow! As we read throughout the book of Psalms, praising God in the problem is a common thread which led the writers to empty out the negative and fill them with hope, strength, trust, peace, and fellowship with God. Believe it or not, God wants us to focus on what's right in our problems, not what's wrong. He wants us to focus on how big He is and how He's helped us get through what we've gone through in the past. Read the following scripture:

*"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."* (Psalm 23:4)

This psalm illustrates a beautiful example of having confidence in God and praising Him for His goodness even in the middle of our problems.

**DISCUSSION QUESTION #3 | What are some things you can personally praise God for in your life? Share with your group. (i.e. Physical healing, a reconciled relationship, healing in my family, etc.)**

### **ACTION STEPS**

In this small group session, we learned that in the midst of our problems we should pray, hold on to God's promises, and praise Him in our problems. When we do these 3 things, we'll be able to let go of our negative emotions and thoughts.

**This week, commit to the following action steps:**

- Commit to attending the remaining 2 Sundays of our "Let It Go" series
- Pray about and consider participating in our upcoming Church-wide 3-Day Fast (January 27-30, 2019)
- Memorize Psalm 23:4: *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*