

# SPRING CLEANING

LETTING GOD INTO EVERY ROOM IN YOUR LIFE

## **Growth Group Opener:**

**When was the last time you let something go: a possession, commitment, relationship, or habit, and felt lighter after?**

**What made it possible to release it?**

## ***Read Hebrews 12:1-3***

Describe the mental picture that comes to mind as you read of a runner carrying weight that slows them down and sin that entangles them.

What would that feel like physically? What would that feel like spiritually?

***The writer of Hebrews describes two different problems in this passage: sins that entangle and weights that hinder.***

What is the difference between being slowed down and being entangled?

What is the result of each?

Are they both sinful or just one of them?

Which one is easier for you to recognize in your own life? Why do you think that is?

What action needs to be taken in each case?

How does keeping our eyes on Jesus help us throw off what we need to release?

How is this different from keeping our eyes on the thing slowing or entangling us?

Sometimes even good things need to be released. If you believed releasing something would make you *lighter*, as opposed to *deprived*, what would you let go of?

What encouragement can we take from the great cloud of witnesses in Hebrews 11?

How can you become part of that great cloud of witnesses for someone else who may be struggling in their race of faith?

What do we learn about God in these passages?

Is there anything you feel the Holy Spirit inviting you to look at more closely?

**Dig Deeper: Make 2 columns. Label one "Entangling" (sin to confess) and the other "Hindering" (weights to set down). Ask the Holy Spirit what needs to go in each column. Consider what God might be asking you to put down. Give the things in both columns to God in prayer. Consider sharing with a godly friend.**

## ***Prayer:***

Father, thank you for the perfect race run by Jesus. Help us to keep our eyes on him as we throw off what slows us down and trips us up. May we release what you never asked us to carry, and trust that lighter is not less. In the name of Jesus, amen.