

# SERMON NOTES

February 24 & 25, 2024

## Unstuck: Let Go

**Step 1** - We are powerless over our fatal attraction toward doing wrong, and we have found our lives to be unmanageable.

**Romans 7:15**

**Step 2** - I have come to believe there is a power greater than me that can restore me to sanity.

**2 Corinthians 3:17**

**1. Step 3** - I have \_\_\_\_\_ to turn \_\_\_\_\_ over to the care of God.

**Proverbs 3:5 | Job 11:13-19 | Romans 7:15, 18-20**

**2. My Part:** \_\_\_\_\_ and \_\_\_\_\_

**God's Part:** \_\_\_\_\_ and \_\_\_\_\_

**3. My Human Condition:** I \_\_\_\_\_ my issues and \_\_\_\_\_ as fast as I can.

**4. The Principle of Indirection:** Becoming unstuck by \_\_\_\_\_ my energy and efforts on my issues.

**5. Surrender means:**

a. I will \_\_\_\_\_ to following Jesus one day at a time no matter the outcomes.

b. I will \_\_\_\_\_ one day at a time, no matter the outcomes.

**Homework:** Memorize and pray \_\_\_\_\_ every day.

# Life Steps

**Unstuck:** Let Go | February 24 & 25, 2024

## Monday

(The Message Version) **Romans 7:14-25; 8:1-2**

**Reflect:** How does our sinful condition stand in the way of following God? What is the basis of our hope to experience freedom from our hurts, habits, and hang ups? Begin memorizing the Lord's Prayer below.

**Prayer:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever, amen.

## Tuesday

**Proverbs 3:3-6**

**Reflect:** When you think about "let go and let God," in what part of your life do you find that most challenging? Why do you think that is?

**Prayer:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever, amen.

## Wednesday

**Psalms 3:1-6**

**Reflect:** Although David's foes are people, what are the habits, hurts, and hang ups that act as foes in your life? How do they adversely impact you and others?

**Prayer:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever, amen.

## Thursday

**Psalms 143:1-7**

**Reflect:** Describe David's relationship with God as seen through Psalm 143. How would you describe your current relationship with God?

**Prayer:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever, amen.

## Friday

**Psalms 3:1-6 & Psalm 143:1-7**

**Reflect:** What help does God offer us against our foes? What hope and comfort do you find from David's walk with God?

**Prayer:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever, amen.

## Saturday

**Luke 22:42**

**Reflect:** What do we learn from Jesus when he prays this prayer? Do you spend more time asking God to do stuff for you and others, or surrendering your will and life over to the care of God? What is your next step when it comes to getting Unstuck?

**Prayer:** Slowly, reflectively, recite The Lord's Prayer from memory.

## Sunday

**Matthew 6:5-15**

**Reflect:** In this season of your life, which part of the Lord's Prayer resonates with you most deeply? Why?

**Prayer:** From memory, write out The Lord's Prayer in your journal.