

DISCOVERY LIFE - SERMON HANDOUT: THE ONE THING YOU MUST LET GO

Breaking Free from _____

Sermon Summary

_____ will chain you down and keep you stuck, but God's calling you to something greater. When you let it go, the chains break, freedom comes, and you step into the blessing God has waiting for you. Easter isn't just about resurrection—it's about the freedom that comes with it! Somebody shout, "*I'm letting it go!*"

Introduction: Mixed Emotions

- We all experience mixed emotions—it's part of how God made us.
- With Easter just two weeks away, it's time to deal with **one specific emotion** that blocks us from receiving resurrection blessings: _____.

Key Idea

- _____ *will imprison you.*
- Letting it go breaks chains, unlocks freedom, and prepares us to experience the full blessing of Easter.

Catchphrase

"You can't walk into freedom until you're willing to let it go!"

The Cycle of _____

Step 1: We Get Offended

- Offense is inevitable because we're human.
- Everyday offenses: traffic, church seats.
- Deeper offenses: family grudges over small misunderstandings.
- **Easter Reminder:** Jesus didn't let offense stop Him—His forgiveness leads to freedom.

Step 2: We Take Offense

- Being offended happens to you, but **taking offense is your choice.**
- Taking offense grows from how we react.

Step 3: Resentment Builds Up

- Resentment spreads into every area of your life:
 - It can affect relationships with family, friends, work, even God.
- **End Result:** Resentment breaks relationships and isolates us, making us vulnerable.

How to Let Go of _____

Step 1: Make the Choice

- **Scripture:** *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* – Ephesians 4:32
- Forgiveness isn’t a feeling—it’s a decision.

Step 2: Pray for the Offender

- **Scripture:** *“Bless those who curse you, and pray for those who mistreat you.”* – Luke 6:27
- Prayer changes your heart and breaks resentment.

Step 3: Address the Issue

- **Scripture:** *“If your brother sins against you, go and show him his fault, just between the two of you.”* – Matthew 18:15
- Avoidance doesn’t bring freedom—addressing does.

Step 4: Restore the Relationship

- **Scripture:** *“If it is possible, as far as it depends on you, live at peace with everyone.”* – Romans 12:18
- Restoration means choosing peace—not necessarily reconnection.

WOW Quotes

- *“Forgiveness isn’t an emotion—it’s a decision to live free!”*
- *“Praying for the people who hurt you won’t make them better—but it will make you free!”*
- *“You don’t resolve offenses by avoiding them—you reconcile by addressing them!”*
- *“Restoration doesn’t require perfection—it requires a decision to let go!”*

Conclusion

- **Challenge:**
 - As we prepare to take communion, don’t wait until it’s too late. Let go of _____ and experience freedom today.
- Easter reminds us that forgiveness leads to freedom, joy, and new life.