

# Life Group Study Notes

October 16, 2022

Let it Go

Philippians 3:13-14; 2 Corinthians 5:16-17



The pain of the past can fuel our present and future in unhealthy ways. How do we learn to use our pain as a means for growth, and not as a means for bitterness or hatred?

---

## Study – Discovering What the Bible Says

---

1. What is a key takeaway from last week’s study (Hint: it was on the world)?
2. Have you memorized the verse for the series – Philippians 1:6?
3. What were the two perspectives of viewing the past given in the message? What would you add or include as part of your understanding of the past?

**Read Philippians 3:13-14 and 2 Corinthians 5:16-17**

4. What is Paul’s focus in Philippians 3:13-14? How do we understand his statement of “forgetting the past”?
5. How does the new life (or new creation) of 2 Corinthians 5:17 speak against the popular notion in culture that we cannot change who or what we are?

6. What were the three points of navigating the past?
  - a. \_\_\_\_\_ it and \_\_\_\_\_ on it.
  - b. \_\_\_\_\_ it to God – look for signs of God’s \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
  - c. Build a \_\_\_\_\_.

7. List and discuss the 5 “mess-makers”.

- a. \_\_\_\_\_.
- b. \_\_\_\_\_.
- c. \_\_\_\_\_.
- d. \_\_\_\_\_.
- e. \_\_\_\_\_.

God is \_\_\_\_\_ than our \_\_\_\_\_ and the mess it \_\_\_\_\_.

8. Is there anything additional that you would like to add or discuss on this topic?

---

## My Personal Journey

---

1. Which of the five “mess-makers” do you struggle with the most?
2. How can you build into your life the truths learned in this study?

## Additional Notes

---

### Coming Next Week – Part 6 of our Series, Messy Life

When Darkness Comes  
Philippians 4:6-8; 1 Peter 5:7

Anxiety and depression have grown to epidemic proportions. Our ability to cope with the challenges of life is continually being tested. How do we manage when the darkness overwhelms us?

#### Series Summary

*Messy Life: Finding Our Way Back to the Stress-Free Zone  
(10 Part Series)*

We are born with this expectation that life should be perfect, but soon learn that life is messy and unpredictable. What if a messy life is really an invitation to something greater and potentially more hopeful?

#### How to Connect with Village Green

|                |  |
|----------------|--|
| Church Contact | <a href="mailto:office@villagegreenchurch.com">office@villagegreenchurch.com</a>             |
| Website        | <a href="http://www.villagegreenchurch.com">www.villagegreenchurch.com</a>                   |
| YouTube        | <a href="http://www.youtube.com/villagegreenchurch">www.youtube.com/villagegreenchurch</a>   |
| Facebook       | <a href="http://www.facebook.com/villagegreenchurch">www.facebook.com/villagegreenchurch</a> |
| iTunes.        | <a href="https://podcasts.apple.com">podcasts.apple.com</a>                                  |

You can access the live stream as well as past sermons, updates, blogs, and so much more on our website and YouTube channel.

Check out our bi-weekly podcast, Theology Jam, with Jon Korkidakis and Matthew Burkholder. You can find it wherever you find your favourite podcasts. You can contact the show and submit requests at [theologyjam@gmail.com](mailto:theologyjam@gmail.com)

#### Sign up for our Newsletters

We have two newsletters. One that goes out every week on Saturday and one at the beginning of each month. Both contain updates and current information about all that is happening at the church. Simply go to the “contact” menu on our webpage and click on the dropdown, “follow us.” Add your email and you’re all signed-up.