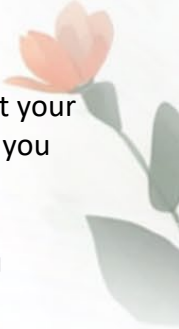


Renewal!

Discussion Questions

April 19, Letting Go to Embrace Renewal



1. Take some time to share how you experienced the practices from last week. How did they impact your daily life? Did you notice any changes over the course of the week? How might this practice help you on a regular basis in the future?
2. What impacted you most during the service this past Sunday? How would you describe what you experienced? In what ways did you experience encouragement and in what ways discomfort?
3. Read the story about a rich young man in Mark 10:17-31 and discuss the following questions:
 - What emotional responses do you observe in the man both before and after his encounter with Jesus, and what do you think motivates these?
 - The term “eternal life” refers to something bigger and deeper than simply being alive. It could be translated “life without beginning or end”. What kind of life do you think the man is looking for?
 - How do you relate to or identify with the man personally?
 - What emotional responses do you observe in Jesus and what do you think motivates these?
 - Why do you think the disciples were so amazed and what do you think is their opinion of the man?
 - What emotional response do you have personally to the man in this story and why?
4. Read Mark 1:14-20. How does the reaction of the disciples in this story differ to the man in the story above? What do you think motivates this different reaction?
5. Read Luke 9:23-25. The cross was the implement of execution used by the Romans for people who rebelled against or failed to comply with their rule. Why do you think Jesus uses this metaphor to explain what it means to follow him? What do you think Jesus means by “denying” ourselves? How do you think this applies specifically to the rich man from the story above (who is also called a “ruler” in the version of the same story in Luke)? How does it apply to you? How might Romans 12:2 empower you here?
6. In the message on Sunday, we explored the metaphor of the trapeze: we all hold onto certain behaviors, beliefs, or practices that have stopped working for us or are dysfunctional and have become destructive. We may long to be free from them but ironically find comfort in them and are afraid to let go. It feels too risky! This prevents us from jumping to embrace a new, healthier, more beautiful trapeze that we see swinging toward us or that we could only see if we first let go.



Reflect on the following and then share together: Where do you see yourself personally in this metaphor at the moment?

- Are you holding on to an old trapeze? How would you describe that?
- Are you in the transition between trapezes? What is happening and how does that feel?
- Have you embraced a new trapeze (a renewed reality)? What is happening and how does this feel?
- What next step do you sense God prompting you to do?

7. Discuss where you see our church community in this metaphor at the moment and spend some time praying for one another and our church.

Prayer Practice for the week:

“And I am with you always, even to the end of the world.”

Matthew 28:20b (NLV)

Take some time this week to meditate on these words of Jesus while reflecting on what emerged for you in question 6 above. Read Jesus’ words and sit quietly. Focus on your breath as the very presence and spirit of God and breathe it in. As you breathe out, let go of any fearful, anxious, or negative thoughts about yourself and return to a center of complete acceptance and belonging.

Now imagine yourself on the trapeze in the way you discerned in question 6 above. Be aware of how you feel and any thoughts that arise. Each time an anxious thought or emotion intrudes, return to the words of Jesus above and focus on your breathing. As you breathe out, let go of fear and attachment. As you breathe in, receive God’s love and empowerment. Remain in this rhythm of receiving love and letting go for a while. As you go about your day, return to this rhythm at any point where you sense yourself holding on to what you need to let go.

Active Practice for the week: Finding the Words

Use a [feelings wheel](#) to reflect on your response to the trapeze metaphor in Question 6.

On one side of a page, write the feelings that come up when you consider where you may be holding on. On the other side, write the feelings you long to experience as you move toward renewal.

Gently reflect: How might receiving God’s love and empowerment begin to move you from one place toward the other? Now, begin to draw lines, loops, or scribbles connecting the two sides. Let your hand move freely, without overthinking. This is not about creating something but about expressing movement—of holding on, letting go, and reaching toward something new.

Throughout the week, you can return to this practice. When you notice yourself holding on, take a moment to pause, breathe, and make a small mark or doodle as a way of grounding yourself again in God’s love and renewal.