



Renewal Found in Release

Weekly Summary Thought

Now that we have a better understanding of who God is and who we are in Him, we can allow Him to illuminate areas in our hearts that hinder His refining work. As we relinquish what He shows us, we can experience an ever-increasing renewal and freedom in Him.

The path of holiness is taken one small step at a

time. We step forward in belief and step away from that which has lent us false stability in the past. No step forward is truly a step forward apart from the willingness to let go.

Freedom comes when we release ourselves into God's care and allow His forgiveness to flow in us and through us. This freedom will grow by leaps and bounds as we release others, choosing to forgive those who have wronged us.

The steps forward must be taken by faith. The release of that familiar place behind us must also be done by faith. It is in believing God for what He says is ahead that we can find the strength to release those holds that hinder our progress forward.

For the Leader:

Did the use of the hunger graph help any of the group members? Discuss what each discovered with its use.

Crowd Breaker: Ask the group members to share what color best describes them and why.

Sample Prayer: Lord, thank You for another chance to praise and worship You, as well as hear from You. May this meeting and this week's study reveal to us anything that hinders our closeness to You so that we might release it. Soften our hearts. Help us to be honest and willing to do whatever it takes to have our whole hearts turned fully to You. In Jesus' name. Amen.

Week Seven *Thin Within* Study Guide

Assignment:

- Read Days 19–21 in *Thin Within*.
- Complete your study guide questions before attending your group meeting.
- Pray for yourself and for your group members.
- Hide this week’s verse in your heart.

Bible Verse of the Week

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it. Matthew 16:24–25

- **Scripture Focus: Pressing On Through Release**

But whatever was to my profit I now consider loss for the sake of Christ.

What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things.

I consider them rubbish, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ —the righteousness that comes from God and is by faith.

Philippians 3:7–9

Read Philippians 3:2–14. There are a number of things that Paul says he now does and that which he does no longer. List what you find in the appropriate column.

Does	Does Not Do

Week Seven *Thin Within* Study Guide

What are some things that Paul had to release to God—things that he once placed his confidence in that he could no longer?

What was Paul free to experience once he released the things that he had formerly considered beneficial?

What are some things in your own life that are “good,” not inherently sinful, but that you have a tendency for which to devote too much time, thought, energy, and attention?

The phrase “surpassing greatness” found in verse 8 is the greek word **huperecho**, which, according to Strong’s Concordance means: to stand out, rise above, overtop, to be above, be superior in rank, authority, power, to excel, better than, to surpass.

Which of these might God call you to release to Him for a season for the sake of pursuing a greater fellowship with Christ?

Week Seven *Thin Within* Study Guide

Look again at your list of things Paul does and does not do in these verses. Are there any things on the list that you need to embrace or discard in your life?

Verse 13 contains a Greek word that is translated “forgetting.” ***Epilanthanomai*** can also be translated, “neglecting, no longer caring for, forgotten, given over to oblivion, uncared for.” Choosing not to neglect our wounds in a way that might actually cause them to fester, we can walk through the process of godly forgiveness and press on toward that which God has called us heavenward in Christ.



➔ **Key #6 I pay attention to my food when I eat.** Pay full attention to your food while you eat so you may savor each bite and keep from putting more within than belongs. Plus, this attention will help eliminate some of the excessive thoughts of food in-between meals.

Focus Task

Start a “gratitude list” as suggested on page 227 of the *Thin Within* book and take time each day to add to the list and spend some time in thanksgiving before the Lord.

• **Thin Within Book Focus**

Use the material in the *Thin Within* book to respond to the following questions.

Day Nineteen

Week Seven *Thin Within* Study Guide

Using Hebrews 10:19–22 as a prayer, purpose to release any sin, shame, or guilt that remains in your heart after reading Day Nineteen. Write your prayer on the following lines.

Day Twenty

Seriously consider using the “Take Action” portion of this chapter to allow God to move you through forgiveness towards others. Journal progress below as you take this to the Lord this week.

Day Twenty-One

Read through Hannah Whittall Smith’s quote on page 228 in *Thin Within*. As you think about how you may be putting on a “false self” to the world, write your thoughts and prayers below.

- **Week Summary**

Week Seven *Thin Within* Study Guide

Releasing others or ourselves from wrongs suffered requires a tremendous journey of faith. However, even the most challenging journey begins with the smallest steps forward. The Lord asks us to set our eyes on what is ahead and not to be prisoners of past wounds. He has come to bind up our wounds and heal our brokenness.

Hebrews 12:1–3 says: *“Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.”*

Who was more mistreated and misunderstood for doing no wrong than our Savior Himself? Surely, given all He released “for the joy set before Him” (that joy is the fellowship He would have with you and me!), you and I can release anything that hinders us in following His call. Whether it is clearly sin or a “good thing” that He now calls us to count as loss, let’s press on to know Him more.