



## PART 3: OPEN YOUR HANDS

We all have a desire for approval, attention, and affirmation from others. The problem is, there's never enough. We always need more! We become accustomed to, entitled to, and dependent on more. And our hands begin to close tightly around what we feel is slowly slipping away.

### CONNECT

Over the past two weeks, we've talked about two habits to safeguard your soul:

1. Surrender your will.
2. Monitor your heart.

How have you surrendered your will and monitored your heart the past two weeks? How has it impacted you and the people around you?

### LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

### APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. In the video, Andy said, "We should fear the consequences of closing our hands more than the consequences of losing what's in them." Do you agree with this statement? Is there something you currently have your hands closed around?
2. Read **John 3:27**. Recognizing that the things we have ultimately come from God can help us keep our hands open. Why do you think that is the case?
3. What would the benefit be not only to us but to the people around us if we lived each day with open hands—not clinging tightly to anything?





4. In this series, we have gone over three habits to safeguard your soul.
  - Surrender your will.
  - Monitor your heart.
  - Open your hands.

What stands out to you and has stuck with you over the past few weeks?

## WRAP UP

To ensure that what people see is what people get, you need to safeguard your soul. And you can do that using these three habits.

1. **Surrender your will.** Every morning start by saying, “Not my will, but your will be done.”
2. **Monitor your heart.** Especially for guilt, anger, greed, and jealousy. Every night end your day by asking God to parent your heart and with him, ask yourself the question, “What is the condition of my heart after today?”
3. **Open your hands.** And leave them open. When you feel overwhelmed, stressed, or like you’re starting to cling to something, take a moment to get away with God and open your hands to him.

## PRAY

As a group, pray and ask God to integrate these habits into your life.

