

SERIES: STARTING OVER

Episode 4: "Release It"

It's easy to get bitter when you've been mistreated or hurt. But how do you make sure the people—and the pain—of your past don't influence your future?

	QUESTIONS	NOTES
01 >>>>	How often do you think about the past? Do you tend to focus on the highlights or the difficult parts?	
02 >>>>	Do you know someone who seems to have made peace with a difficult past? What's different about them?	
03 »»	Have you ever given someone influence in your life by holding a grudge against them (even if it was warranted)? Explain.	
04 >>>>	Have you ever thought that your past mistakes disqualified you from a relationship with God? Does the idea of a forgiving God surprise you?	
05 >>>>	Andy mentioned that forgiveness isn't necessary because your offender deserves it but because you deserve it. Is there someone you need to forgive? In what ways might your life improve if you were to forgive them?	

BOTTOM LINE

Release the past so the past can release you.

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