



# I'M GOING IN

SPRING CLEANING: A FOUR-PART SERIES



## STUDY GUIDE

**PART ONE: EMOTIONAL DECLUTTERING**



## TRIBAL MOMENT (5 Minutes)

Open up by welcoming the group and asking each person to take a turn responding to the following prompt:

**PROMPT: Think of the feelings that are usually associated with losing something.**

What is the most prevalent feeling? Why?

## DISCUSS & REFLECT (10 Minutes)

Have someone take 2-3 minutes to summarize the message and discuss it. Ask each person to take a turn responding to the following prompt:

**PROMPT: Name one thing you've lost.**

Rate the level of devastation on a scale of 1 - 10 (1 = Minor Loss and 10 = Major Loss)

*\*\*\*Leader Note: Be sensitive to the Holy Spirit with regard to time. If someone opens up, don't feel pressured to rush them. It's sometimes difficult for people to open up, let's celebrate and encourage them when they do.\*\*\**

## DEEP DIVE (10 Minutes)

Play the brief clip from the message [found here](#). Now ask everyone to follow along in their Bible or Bible app:

**READ: Luke 22:31-34 and Luke 22:54-62**

**How do you deal with grief and guilt?**

Which of the ten lessons from the message resonates most with you?

Lesson #1 - God is not mad at us and He's not holding our failures and mistakes against us.

Lesson #2 - God's love, mercy, and grace are greater than my sins and failures.

Lesson #3 - Pursue or Get Back to your Assignment.

Lesson #4 - Love is stronger than Guilt & Grief.

Lesson #5 - Consider going to Grief Counseling if you need to.

Lesson #6 - Moving on does NOT mean you didn't love what you lost.

Lesson #7 - Use fond memories as medication.

Lesson #8 - Your Healing Timeline won't be the same as everyone else's.

Lesson #9 - God's gonna comfort you by replacing what you lost.

Lesson #10 - You have to schedule and manage time to grieve.

## APPLY IT (5 Minutes)

Close by sharing one takeaway from this message that you plan to apply to your life this week. Ask each person to take a turn responding to the following prompt:

**This week I will conquer grief and guilt by:**