

## **SERIES – GET YOUR LIFE BACK**

### **Lesson 1 - BENEVOLENT DETACHMENT**

#### **Q. Do you find it hard to disentangle from the world?**

Sometimes it is a simple conversation and you replay it over and over again – wishing you had said this or that. And it can consume your thoughts.

You question what was said and around and around it goes.

#### **Read: Matt 14:22-34.**

When Peter began to sink into the Sea of Galilee, Jesus didn't offer perspective – He didn't pause to talk it through.

He offered His hand to lift the drowning man out of the waves and back into the boat.

***Jesus is saying – give this to me; release this to me FIRST. Then I will interpret later, explain later.***

This provides a measure of release.

We can learn to make room in our lives for God so we might receive more of His wonderful self in us – vibrancy and resilience.

#### **Q. Do you have a drawer you label your “junk drawer?”**

Everyone seems to have one – it becomes the black hole for car keys, pens, paper clips, batteries – small stuff that you cram in and often forget and it accumulates over time.

Our souls accumulate stuff too, pulling it in like a magnet.

We must empty ourselves of all that fills us so we may be filled with what we are empty of.

We aim to release, turn over into God's hands whatever is burdening us and leaving it there. Instead of getting caught up in drama in unhealthy ways.

**Benevolent = kindness. Something done in love.**

**This is detachment – it means getting untangled, stepping out of the quagmire, peeling apart the Velcro which the issue has attached us to.**

Jesus invites us into a way of living where we are genuinely comfortable turning things over to Him.

**Read: Matt 11:28-30**

**Read: 1 Peter 5:7**

**Q. Do you have a backpack full of burdens that you carry around all day?**

**Some are bigger than others – filled with past regrets, present concerns and future fears.**

Even genuine concern brings us down. We are far more entangled with the world than we know and people and causes have a way of entangling themselves with us too.

**Q. It is right to just let things go?**

**YES. Why?**

Because we are not God

Because we can't save the world

Because we can't every carry it.

The Bible is not a book of suggestions. It a book that we can learn from, we can use to practice living as God commands, we can learn to release the world, people, crises and trauma – all of it.,

Benevolent detachment is a gift to the people in your life. We often saddle others with our expectations, hopes and needs to.

Most of the time subconsciously, we have a need to be seen, to be celebrated, to be understood. While that is all good sometimes we entangle others into our "dance of life."

**Engage: was there anything that challenged you, provoked you, disturbed you in this lesson?**

**What are some ways you disentangle from stressors?**

**Meditate: 10 min Pause time to reflect.**