



LIVING WITH YOURSELF, PART 3 : OPEN YOUR HANDS

There are four habits to ensure that the self you're living with is the self on display, and that what people see is what they're actually getting. Life is hard on our souls and our inner selves. Healthy souls, if unattended to, become unhealthy. Nothing gets better when left unattended. It's why we wake up, look in the mirror, and start attending to things like our appearance, performance, and reputation. We're quick to attend to our exterior lives because people are watching, and we're competing for approval. But there's only one person who has the ability or responsibility to be attentive to your soul and monitor the condition of your heart—you.

The Big Idea: What you cling to eventually decreases in value. What you make available to others has the potential to multiply.

Discussion Questions

** Remember the goal is to use the questions to generate discussion, not to complete every one.*

1. Who is your favorite person? Why?
2. With your Bible or Bible App, [read John 3:23–30](#), where John the Baptist responded to the notion that some people were beginning to follow Jesus instead of him.

²³ At this time John the Baptist was baptizing at Aenon, near Salim, because there was plenty of water there; and people kept coming to him for baptism. ²⁴ (This was before John was thrown into prison.) ²⁵ A debate broke out between John's disciples and a certain Jew over ceremonial cleansing. ²⁶ So John's disciples came to him and said, "Rabbi, the man you met on the other side of the Jordan River, the one you identified as the Messiah, is also baptizing people. And everybody is going to him instead of coming to us." ²⁷ John replied, "No one can receive anything unless God gives it from heaven. ²⁸ You yourselves know how plainly I told you, 'I am not the Messiah. I am only here to prepare the way for him.' ²⁹ It is the bridegroom who marries the bride, and the bridegroom's friend is simply glad to stand with him and hear his vows. Therefore, I am filled with joy at his success. ³⁰ He must become greater and greater, and I must become less and less. [John 3:23–30 \(NLT\)](#)

3. What stands out to you? What does this passage say about John's posture?
4. What are you most tempted to cling to for fear of it slipping away?
5. Seth shared that "What you cling to eventually decreases in value. What you make available to others has the potential to multiply." How does this statement challenge you?
6. In this series, we're discussing four habits. Of the three, what do you need to do most? What makes you say that?
 - a. Surrender your will.
 - b. Monitor your heart.
 - c. Open your hands
7. How do you plan to keep these three habits in front of you?

THINK ABOUT IT

What is something you cling to when it starts to slip away? Affirmation? Affection? Approval? Love? Who are around you loses out when you do this?

MOVING FORWARD

This week, when you can feel your hands closing to hold onto what you have, open them instead and say: "A person can receive only what is given them from heaven."