

YOUR BEST YEAR YET

What are you holding on to that's holding you back? Could this be the year you finally let it go?

	QUESTIONS	NOTES
01	Think back over the last six months. Are there any habits you've developed that you wish you could break? If so, what are they?	
02 >>>>	Andy defined sin as "anything that hurts other people or yourself." Does this definition change, challenge, or reinforce your understanding of sin?	
03 >>>>	Describe an experience in which doing the right thing cost you something.	
04	So, what are you holding on to that's holding you back? What would it take for you to loosen your grip or completely let it go?	
05 >>>>	How would your life be different if you were to let go of the thing that's weighing you down?	

BOTTOM LINE

Make this year better than last by letting go of what's holding you back.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.