



Let it Go Let Go of Cynicism

Need help navigating an online group session? Reach out to MichaelS@wschurch.org with questions and to get tips for how to stay connected even when you can't meet in person!

Cynicism is ultimately a choice. We can choose to live cynically, allowing it to poison and harden our hearts; or, we can lean into God's truths about faith, hope and love being a far better compass for our lives. But, it's up to us.

Scripture:

"Fools have no interest in understanding;
they only want to air their own opinions."

Proverbs 18:2

"Three things will last forever—faith, hope, and love—and the greatest of these is love."

1 Corinthians 13:13

Icebreaker and Intro Questions:

1. What surprising thing have you been stocking up on (that isn't toilet paper)?
2. What resonated with you from Sunday's service? (Sermon, scripture, song, etc.)

Discussion Questions:

3. Eddie shared how it is easy to become cynical relationally, professionally, and in other areas of our life. In what area of your life is it easy for you to become cynical?
4. Read Proverbs 18:2 together as a group. Have you seen this to be true? How can we pay attention to this wise warning?
5. Do you have an experience in your life that has made you cynical? We often project past experiences onto current experiences. How could your past experiences be affecting your current outlook?

6. Eddie shared that Jesus knew his friend, Peter, would deny him and that his disciple, Judas, would betray him, yet he still shared his last meal with them and called them his friends. How does Jesus' example challenge you?
7. Read 1 Corinthians 13:13 together as a group. How does this help us to battle cynicism?

This week:

- Read Ezekiel 36:26 – and spend some time talking to God about how your heart has been lately. Ask him to take your heart and make it open and responsive.
- Take a walk this week and as you walk, ask God to give you eyes that notice the things around you with wonder. Try to have curiosity like a young child – not taking any simple thing for granted. Talk to God honestly about what you notice and about what's on your mind.
- The worship team introduced [a new worship song, "Graves Into Gardens,"](#) that you can listen to and use as a your own prayer to God. Listen to it in your quiet time with God & also throughout your week!
- Reflect on the poem from Eddie's message. Which line stand out to you? Which is hardest for you? Where do you want to grow?
 - People are unreasonable, illogical, and self-centered – LOVE THEM ANYWAY.
 - If you do good, people will accuse you of selfish, ulterior motives – DO GOOD ANYWAY.
 - If you are successful, you will win false friends and true enemies – SUCCEED ANYWAY.
 - The good you do will be forgotten tomorrow – DO GOOD ANYWAY.
 - Honesty and frankness make you vulnerable – BE HONEST AND FRANK ANYWAY.
 - What you spent years building may be destroyed overnight – BUILD ANYWAY.
 - People really need help, but may attack you if you help them – HELP PEOPLE ANYWAY.
 - Give the world the best you have and you'll be kicked in the teeth – GIVE THE WORLD THE BEST YOU'VE GOT ANYWAY.
- We've put together several excellent resources for you to use during the Let It Go teaching series at West Side. Grow deeper in your faith and relationship with God with free Bible reading plans, video content, and more at wschurch.org/resources.

Notes: