

SUMMARY | Author Vivian Mabuni pulls up a chair and joins *Discover the Word* to explore how it's possible, as Jesus said, to find our life by letting it go. Join Mart, Elisa, and Bill as Vivian explores with them what gets in the way of living with open hands and what a surrendered life looks like day-to-day. As Vivian says: "A soul-anchoring faith that enables us to weather our inevitable challenges and heartaches is grounded in an accurate understanding of what He (God) is like."

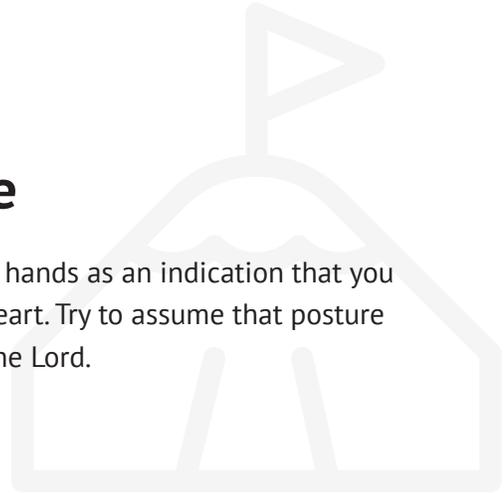
Discover the joy of saying yes to God in this two-week series of conversations with Vivian Mabuni called "Open Hands, Willing Heart".

This Week's Discussion Questions

1. Has God ever used a crisis to jolt you out of living for your own protection and comfort, as He did with Esther (Esther 1–7)? If so, describe the experience and what you learned about yourself and God through it.
2. How would you describe the posture of your heart at this time in your life? What are some things you clutch or try to control that might be preventing you from letting go of the "trapeze"?
3. Have you experienced a time when God didn't seem to be moving fast enough? If so, what did you do? What happened, and what did you learn?
4. Do you believe it's a virtue to be really busy? Is it difficult for you to rest? If you feel you're too busy, why is that so?
5. Think of someone you know who has been eaten up with bitterness. What were the causes, and how is it playing out?

Challenge

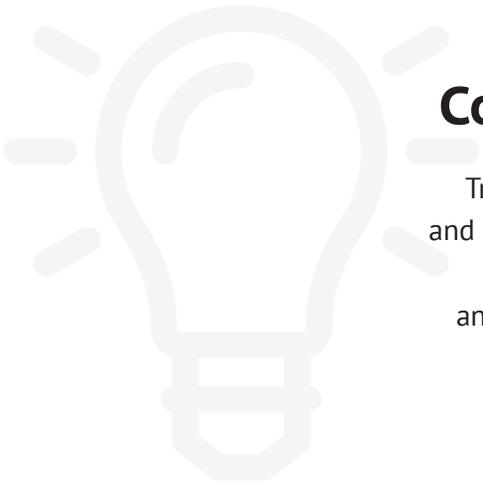
In your next time of prayer, consider opening your hands as an indication that you want to live life with open hands and a willing heart. Try to assume that posture whenever you talk with the Lord.



Commit To Memory

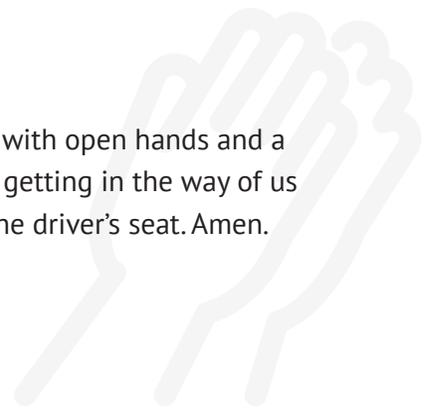
Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.

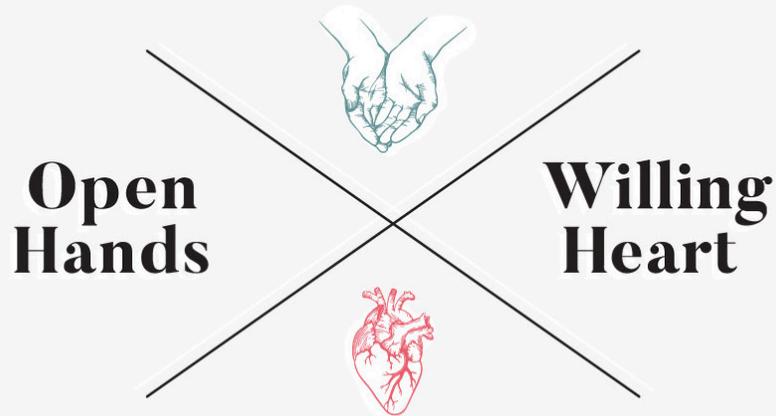
Proverbs 3:5-6 (NLT)



Prayer

Lord, we really want to live our lives surrendered to you, with open hands and a willing heart. Please help us perceive when something is getting in the way of us living that way. Help us to trust You and let You be in the driver's seat. Amen.





SUMMARY | Author Vivian Mabuni returns to lead you through the ideas in her book *Open Hands, Willing Heart*. Join Mart, Elisa, and Bill as Vivian continues to help us realize that open-handed living begins with an intentional posture of the heart. Discover the joy of saying yes to God in these conversations with Vivian Mabuni.

This Week's Discussion Questions

1. When have you experienced disappointment or heartache over the way something important has turned out? What do you do when you're bewildered by life's events? In retrospect, have you ever been glad God said no?
2. What did you envision for yourself when you were younger? In what ways are you living your Plan A? In what ways are you living Plan B? What are some things you can be thankful for as you live out the Plan B parts of your life?
3. Have you experienced a season in your life when you felt invisible? If so, what was that like and how did you handle not feeling seen or heard?
4. What's most likely to come between you and others: race, ethnicity, socioeconomic status, religion, or politics? Why?
5. Read John 15 in several Bible translations. What stands out to you? Think of a time when you felt that God was "pruning" you. What was it like? How are you different as a result?

Challenge

Think of a time when you've felt lonely. Sometimes it feels like no one, not even God, notices you. But the truth is, God does see, and He does hear. He does notice.

For times like these and for daily encouragement, tune into Our Daily Bread Ministries' new podcast called God Hears Her. Take the time to be refreshed with Elisa Morgan and her co-host Eryn Eddy as they talk with guests about the amazing ways God shows us He cares. You'll find the podcast online at godhearsher.org, or look for it on your favorite podcast app.

Commit To Memory

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord.

"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Isaiah 55:8-9

Prayer

Loving God, letting go of the desire to determine my own path in life is challenging. But I do believe that I will truly find my life by letting go and trusting You. Please give me the insight to know how to say yes to you and the strength to follow through. In Jesus' name, Amen.

