



Single Today | Ryan Wekenman | 4.20-21

Weekly Study

SHARE

Welcome back for another week at Red Rocks Church! This weekend was a special one here in Austin. Our pastor Ryan preached a message titled: **Single Today**, In anticipation of his book launching this Tuesday, April 23rd! The mission behind this church is that we can know God, the purpose he has for us right where we are today and be a part of something that is changing the world. We can be imperfect, yet build his kingdom and make Heaven more crowded each step of the way.

- Authenticity Challenge: What is something you're bad at AND what is something you're good at?**

GROW

Read Hebrews 12:1

Life isn't for the faint of heart, it takes work, perseverance. But God made you for the moment. Whether you are single or in a relationship, the enemy likes to use the pain of yesterday to keep us from being present today. Today, it is possible to throw off the regret, grudges, and shame that hinders us and fix our eyes on Jesus rather than any pain from the past.

- What are the advantages of the specific life stage you are in now?**
- What is a way you can serve and build God's kingdom just as you are in the present?**
- If there is a race set out for us, what does the finish line God has for us look like? What other finish lines have you set for yourself that aren't fulfilling you?**
- It says in [Romans 5:3](#) that suffering produces perseverance. Talk about how you have grown in perseverance through a difficult situation?**

MOVE

Regrets

Regret likes to repeat in our minds. Yet, through Jesus we are set free from our past. We can walk with confidence because God already forgives what we are still holding against ourselves. He knows who you truly are, he made you exactly as you are and sees you at a heart level. God redeems you from regret, and he calls you to walk into the newness he set out for you today.

Today's Truth

2 Corinthians 5:17

Today's Declaration

I am a new person.

- In **Philippians 3:13-14**, Paul talks about forgetting what lies behind and straining towards the goal that God has called him to ahead. How does this verse play out in your life?
- What's the most recent thing you held, or are still holding, against yourself?
- What does being a new creation in Christ mean to you? How have you experienced that in your walk with faith?

Grudges

Read Ephesians 4:31

When there is anger stewing inside of you, it's not easy for compassion to win. That is why Paul tells us to get rid of any form of rage or bitterness to free up our hearts to receive Christ's forgiveness and forgive others in return. Just because conflict or brokenness isn't fixed and perfected, doesn't mean it can't be forgiven. Forgiveness is where the real healing takes place. It feels like freedom from the heavy shell of bitterness. Instead, God has armor for you that is weightless and holy. Any piece of unresolved brokenness or sin in you, he is capable to forgive the minute you ask.

Today's Truth

Ephesians 4:32

Today's Declaration

I am forgiven, so I can forgive.

- Who is a person that brings up bitterness or anger in you? How can you pray for them?
- Which of the things listed in Ephesians 4:31 feels the hardest to throw off?

- Which of the things from Ephesians 4:32 come the most naturally and are the most difficult for you?

Shame

Shame clouds you from greater awareness and growth in who you are. Inviting God into an area of your life that is hurting is like turning on the light in a dark room. It's uncomfortable, it takes effort, but the result is always healing. God's power is made perfect in our weakness. His grace covers and redeems you, exactly as you are. Worship feels different when you've experienced God personally turn your weakness into strength and your sorrow into joy.

Today's Truth

2 Corinthians 12:9-10

Today's Declaration

When I am weak, I am strong.

- Was there a moment in your life that you almost missed because there was something keeping you from the present?
- What is an impactful moment in your life that God used you? What about a time where you felt weak and unqualified?
- Who in your life can you show that they don't have to be alone in their loneliness? Is that something you currently need in your life?
- Talk about a time you were afraid or ashamed to invite God's presence into a moment, but you did it anyway. How did that go?

Today, if you have a mind with regrets on repeat, or a heart gripped with grudges, or a self-perception clouded by shame, know this: You are a new creation who God forgives, strengthens, cherishes, and has plans for. Good plans. You are not disqualified because of your imperfection. That's the gospel. Jesus came for you.

"This is the day that the LORD has made; let us rejoice and be glad in it." (Psalm 118:24)

P R A Y

Share and write down prayer requests in the group to be praying for this week. Have 3 people close in prayer.