



LOOP Study Guide You Have Access Week 10

Key Scripture:

Ecclesiastes 11:1, John 7:38, Luke 6:38,
Romans 8:32, 1 Kings 17:12-16

Theme: Open Hands: You can't receive when you refuse to release.

BIG IDEA

Many of us spend our lives holding tightly to things we think will protect us—money, control, fear, comfort, bitterness, pride, or even our own plans. But God's kingdom works through release, not retention. Closed fists may protect what we're holding, but they also prevent us from receiving what God wants to place in our hands. Faith is demonstrated not by what we cling to, but by what we're willing to release.

ICEBREAKER

1. What's something you held onto for too long—an old phone, a piece of clothing, a grudge, or something else—and later realized you should have let go sooner?
2. Have you ever had to trust God with something that felt difficult to release? What happened?
3. Which is harder for you: letting go of control, letting go of worry, or letting go of resources? Why?

KEY SCRIPTURES

Ecclesiastes 11:1 *"Cast your bread upon the waters, for after many days you will find it again."*

John 7:38 *"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."*

Luke 6:38 *"Give, and it will be given to you..."*

Romans 8:32 *"He who did not spare his own Son, but gave him up for us all..."*

1 Kings 17:12-16 The Widow of Zarephath releases her last meal and experiences God's provision.

BIG IDEA #1 - Closed Hands Are Built on Fear

Fear convinces us that holding on is safer than letting go.

Fear says:

- What if I need this?
- What if I don't get it back?
- What if God doesn't come through?

Faith asks a different question: **"What if God multiplies what I release?"**

The first battle of generosity, surrender, and obedience is rarely financial—it's relational. It's about whether we trust God enough to release control.

Discuss

- Why do you think fear makes us cling so tightly to things?
- What is one area where fear has made it difficult for you to trust God fully?
- Which statement describes you more often: "What if I lose it?" or "What if God uses it?"

Key Quote: "Fear reaches for control. Faith releases control."

BIG IDEA #2 - God Works Through Flow

Everything God created functions through movement and flow.

- Blood flows.
- Water flows.
- Air flows.
- Rivers flow.

When flow stops, stagnation begins.

Jesus never described His followers as reservoirs. He described them as rivers.

Many people want God to pour more into their lives while simultaneously blocking what He has already given them from flowing outward.

Discuss

- What stood out to you about the idea that God created us to be channels rather than storage containers?
- Have you ever experienced greater joy through giving than through receiving?
- What areas of your life have become stagnant because you've stopped allowing God to work through you?

Key Quote: "God didn't create you to be storage. He created you to be a channel."

BIG IDEA #3 - The Kingdom Runs on Seeds

A seed's greatest temptation is safety. The safest place for a seed is in a jar.

The most fruitful place for a seed is in the dirt. As long as the seed stays in your hand, it remains a seed. Once released, it has the potential to become a harvest.

God's pattern is consistent: Release first. Harvest second.

Discuss

- Why is it so difficult to release something before seeing the outcome?
- What "seed" might God be asking you to plant right now?

- How does trusting God's timing impact your willingness to release what you have?

Key Quote: "What you keep, you possess. What you sow, God multiplies."

BIG IDEA #4 - The Widow's Miracle Started with Release

The widow in 1 Kings 17 wasn't deciding what to do with abundance. She was deciding what to do with her last.

God asked her to release the very thing she was trying to preserve.

The miracle wasn't in what she kept. The miracle was on the other side of obedience.

Often, God's provision is connected to our willingness to trust Him enough to open our hands.

Discuss

- What do you think the widow felt when Elijah asked for her last meal?
- Have you ever experienced God's faithfulness after taking a step of faith?
- What might God be asking you to release that you've been holding onto tightly?

Key Quote: "The provision wasn't waiting in the jar. The provision was waiting on the other side of obedience."

BIG IDEA #5 - Jesus Is the Ultimate Example of Open Hands

The gospel is an open-handed story. God released His Son. Jesus opened His hands on the cross.

Salvation itself exists because heaven chose generosity over self-preservation.

The scars in Jesus' hands remind us that the greatest gifts often come through sacrifice and release.

Discuss

- How does God's generosity toward us change the way we view generosity toward others?
- What does it mean to live with open hands spiritually?
- How does surrendering your life to Jesus require open hands?

Key Quote: "The cross is proof that God has always had open hands."

PERSONAL REFLECTION

Take a moment and ask yourself:

- What am I holding onto that God is asking me to release?
- Has what I'm holding begun to hold me?
- Am I living with open hands or closed fists?
- What area of my life requires greater trust in God?

Complete this statement:

"God, I trust You more than I trust _____."

APPLICATION THIS WEEK

Choose one area where you will intentionally practice open-handed living:

- **Resources** - Give generously toward someone or something God places on your heart.
- **Control** - Surrender a situation you've been trying to manage yourself.
- **Forgiveness** - Release an offense you've continued carrying.
- **Time** - Serve someone without expecting anything in return.
- **Faith** - Take a step of obedience before seeing the outcome.

PRAYER

Father, thank You for being a generous God. Thank You for giving us Jesus and showing us what open-handed love looks like. Reveal anything we've been holding onto that is preventing us from fully trusting You. Teach us to release fear, control, bitterness, pride, and anything else that keeps our hands closed. Help us become channels of Your blessing rather than containers that hoard it. We choose to trust You more than what we're holding onto. In Jesus' name, Amen.