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**Greater Hartford Chapter  
 R HOUSE Restaurant  
 October 16, 2013**

- Welcome! Opening prayer, praise reports
- FCCI update (groups, Oct 25-26 NJCM, Dec 4 *This Is My Story*)
- Today's topic: **Get the A.P.E. off your back!**



***“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” --Matthew 6:34***

**Assumption** = idea or statement supposed to be true without proof.

**Presumption** = speaking or acting without warrant; taking for granted; acting without authority; taking undue advantage of something or someone.

**Expectation** = act or state of eagerly anticipating something coming or someone doing something.

Life is difficult enough without inviting, encouraging and enabling an APE to sit on our backs! We've touched upon some of these topics in the past, but they're worth revisiting this morning because it is very easy to let this APE jump back on, grow into a full-size adult, and hinder our ability to run the race in Christ that is set before us.

In addition to Matthew 6:34, let's review Numbers 16 and share our experiences in the business world as well as in our personal lives.

- Is it possible to have an APE on your back without even realizing it?
- Have you ever been hurt or discouraged by your APE? If so, how?
- What happens if you let the APE remain on your back and grow?
- How do you take the APE off your back--and keep him off?

Evaluate yourself from 1 (weak) to 10 (strong) about freedom from assumption, presumption and expectations?	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits might you enjoy by being more free from these things?										
What specific actions can you take to be more free of these things?										

- Next meeting on November 6
- Upcoming events: Jacob's Well on Nov 1, JesusFest on Nov 9
- Closing prayer