



New International Version is used for questions

1. When you hear the word “surrender”, is your initial response positive or negative? Why? Read Mark 8:35. What do you think Jesus meant when he said “wants to save” his life? What do you think he meant when he said “lose his life for me”? What do you think this has to do with being surrendered to God?
2. What are the five areas that Pastor Rick said we try to keep a tight grip on? What would it look like to surrender each of these areas in your life?
3. Pastor Rick said that the tighter your grip on something, the greater stress and pressure life puts on you. Do you think this is true? Have you ever personally experienced this in your life? How?
4. Pastor Rick said that we are often plagued by the “what ifs” of life, what are “what ifs”? Which “what ifs” have bothered you in the past? Read Matthew 6:19-34. What is God’s solution for the “what ifs”?
5. What are the three keys to us surrendering to God? Which one do you think is the hardest to do?
6. What are three practical things we can do on a daily basis to surrender to God? Which area of life do you need to begin with?

person who wants to manage and control everything in their lives and do what they want to do. To lose your life would be to give the control of your life to God by choosing to live your life based on what we are taught in God's Word. This is exactly what it means to surrender to God.

2. The five areas are: A tight grip on a. our family; b. our friendships; c. our fun; d. our fixations; and e. our finances. Basically, what would your life look like and be different if you have surrendered each of these areas of life to God. Examples: If I have surrendered my family to God, I would treat the people in my family the way God says I should, if I have surrendered my friendships to him then I would have friends that help me to serve God and eliminate friends that influence me to do things that would not be pleasing to God. If I surrendered my fun to him, I would eliminate the sinful things I do to have fun.
3. Encourage people to share the things in their lives that have caused them to be stressed out and worry about.
4. The "what ifs" are anytime we worry and stress over something that could happen in our life. What if I lose my job? What if they reject me? God's solution in Matthew 6 is to seek first to do His will in your life and He will take care of all of your "what ifs".
5. The three things are: a. Give everything to God to be free from fear; b. Yield your desires back to God and put Him at the center of your life; and c. Submit every area of your life to God and enjoy His peace.
6. The three practical things we can do every day are: a. Start each day with open hands prayers; b. Give God control of one area of my life each day; and c. Release to God what I cannot control.