

TITLE: HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

SESSION FOUR: SURRENDER – THE PATH TO PEACE

KEY VERSE: “Everything written in the scriptures was written to teach us, in order that we might have hope.”

Romans 15:4 (GNT)

CHECKING IN: Last week we learned that God loves when we lament, when we share our pain with Him. Was there a time when you were tired of tolerating something in your life and you chose to turn it into a lament of God? What did you learn in the process?

David begged God to spare the child. He went without food and lay all night on the bare ground. The elders of his household pleaded with him to get up and eat with them, but he refused. Then on the seventh day the child died. David’s advisers were afraid to tell him. “He wouldn’t listen to reason while the child was ill,” they said. “What drastic thing will he do when we tell him the child is dead?” When David saw them whispering, he realized what had happened. “Is the child dead?” he asked. “Yes,” they replied, “he is dead.”

2 Samuel 12:16-19 (NLT)

6 STEPS TO THE PATHWAY TO PEACE

1. _____.

- This is the first step in surrender
- Surrender is accepting the reality

David replied, “I fasted and wept while the child was alive, for I said, ‘Perhaps the LORD will be gracious to me and let the child live.’ But why should I fast when he is dead? Can I bring him back again?”

2 Samuel 12:22-23 (NLT)

What do I need to accept that’s over in my life?

2. _____.

I will go to him one day, but he cannot return to me.

2 Samuel 12:23 (NLT)

SESSION FOUR: SURRENDER – THE PATH TO PEACE

3. _____.

So David got up from the ground, bathed, anointed himself, and changed his clothes.
2 Samuel 12:20 (GW)

4. _____.

He [David] went to Tabernacle and worshipped the Lord.
2 Samuel 12:20 (NLT)

I tried to understand all this, but it was too hard for me to see until I went to the Temple of God.
Psalm 73:16-17 (NCV)

5. _____.

Then he went back to his palace where ... he ate.
2 Samuel 12:20 (ISV)

I don't have to stop mourning to start moving.

6. _____.

Then David comforted Bathsheba his wife. He slept with her ... She became pregnant again and had another son, whom David named Solomon.
2 Samuel 12:24 (NCV)

We know what love is because Jesus gave his life for us.
1 John 3:16 (CEV)

DISCOVERY QUESTIONS:

1.) Acceptance is key to surrender. Acceptance doesn't mean you stop caring, Acceptance doesn't mean it doesn't hurt. Acceptance simply means you can change it. What loss do you need to surrender and accept so you can move on?

SESSION FOUR: SURRENDER – THE PATH TO PEACE

2.) Kay shared a simple prayer: Lord, I believe; help my unbelief. How does this profound prayer resonate with your faith right now?

3.) The temptation in our grief is to turn away from God. We sometimes blame God because he allowed it to happen. This is a common response. Has something happened in your life that may have caused you to turn away from God? If so, what brought you back into worship with him?

4.) Where is your favorite place to be still with God? Why is this place different from any other?

5.) Grief doesn't paralyze; fear does. What is the one thing that you are so afraid of that it is preventing you from experiencing a path to peace?
