



How to Get Through What You're Going Through Leader Guide Session 4: Surrender – The Path to Peace

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 to God? What did you learn from in the process?

Key Verse: Romans 15:4a (GNT)

Everything written in the Scriptures was written to teach us, in order that we might have hope

David Loses A Child

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

The Steps of Surrender

1. Accept What Cannot be Changed

- 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 12:22-23a (NLT)

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

2. Remember it's not the end of the story.

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

2 Samuel 12:23b (NLT)

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3. Take Care of Yourself

So David got up from the ground, bathed, anointed himself, and changed his clothes.

2 Samuel 12:20a (GW)

4. Refocus on God Through Worship

He went to the Tabernacle and worshiped the Lord.

2 Samuel 12:20b (NLT)

I tried to understand all this, but it was too hard for me to see until I went to the Temple of God.

Psalms 73:16-17a (NCV)

5. Do Something Productive

After that, he went home and asked for something to eat.

2 Samuel 12:20b (NCV)

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

6. Keep on Loving Even in Your Pain

Then David comforted Bathsheba his wife. He slept with her and had sexual relations with her. She became pregnant again and had another son, whom David named Solomon.

2 Samuel 12:24a (NCV)

We know what love is because Jesus gave his life for us.

1 John 3:16a (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't change it. What loss do you need to surrender and accept so you can move on?
2. Kay shared a simple prayer: *Lord, I believe; help my unbelief.* How does this profound prayer resonate with your life 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?

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4. Where is your favorite place to be still with God? Why is this place different from any other?
5. Greif doesn't paralyze; fear does. What is the one thing that you are so afraid of, it is preventing you from experiencing a path to peace?

Putting it into Practice

Spend time this week reciting the Serenity Prayer:

God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that Jesus will make all things right if I surrender to his will; that I may be reasonably happy in this life and supremely happy with him forever in the next. Amen.

Prayer Direction

One person can lead this prayer for your group, or participants can pray this to themselves silently:

God, I am still mourning, but I am going to start moving. I am still grieving, but I want to start growing. I am still hurting, but I welcome healing. Even though I am crushed with this loss, I know I can't change it. I know it's time to surrender and accept. This doesn't mean it's okay; it's just the only way to keep moving forward. I trust you to lead me through this. In Jesus' name. Amen.