



Sermon Discussion Guide

Surrender: The Path to Peace Getting Through What You're Going Through – Part 4

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"Everything written in the Scriptures was written to teach us, in order that we might have hope..."
Romans 15:4 (TEV)

How do you let go of the pain in your life? When it comes down to it, you have three choices: you can (1) let it *destroy* you; (2) let it *define* you; or (3) let it *develop* you. So far in this series, we've looked at three stages of getting through what we go through – shock, sorrow, and struggle. In order for pain to develop you, in order to find hope again, you must learn to walk the pathway of peace with Jesus. It begins when we surrender.

OPEN YOUR GROUP WITH A PRAYER. THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.

"...But why should I fast when he is dead? Can I bring him back again? I will go to him one day, but he cannot return to me." 2 Samuel 12:23

1. The first step David took in dealing with his deep pain and grief was to accept what couldn't be changed. Read aloud the background story from 2 Samuel 12:16-24. What had David lost? What did David say in verse 23 to indicate he realized that this horrible tragedy was not the end of the story?
2. At some point in our grief we all need to say, "Lord, I believe. Help my unbelief" (Mark 9:24). What can help a person keep from being stuck in the present—to move from the past into the future?
3. We all experience loss, whether it be a loss of a person through death, loss of a job, a relationship, a dream or vision. Share briefly with the group a loss you had. How did you find hope in that situation, and how did it turn around? How did surrendering to the Lord help you find peace?

"After that, he returned to the palace and ate." 2 Samuel 12:20c

4. Another step in surrendering is to do something productive. In 2 Samuel 12:20, we read that after David took care of himself and began to worship the Lord, he returned to the palace, his place of work. Discuss in your group the importance of productivity—start moving—even though you are still mourning loss.
5. Where do you need to step out in faith, surrender your pain, and trust your Heavenly Father?

Diving Deeper (optional)

"Then he went to the Tabernacle and worshiped the Lord." 2 Samuel 12:20b

1. David was a man who knew pain and loss. This became the basis for many of his psalms. In Psalm 73:16-17, we get a glimpse of how God works when we don't understand our life's situation—David went to the temple to worship. What can we learn from David's example?
2. Grief can cloud our view of God, but one thing that helps is getting outside or going to a place that reminds us of God's glory, greatness, and grace. Share a memory of a time that getting away with God helped you get through a hard time.

REVIEW ANY ASSIGNMENTS OR COMMITMENTS MADE DURING YOUR PREVIOUS MEETING.



Sermon Discussion Guide Leader Notes

Suggestions for This Week’s Study

- What do you think of first when you hear the word “surrender”? Take a few moments to share.
- Recognize that to find the path to peace you must 1) accept what can’t be changed; 2) remember it’s not the end of the story; 3) take care of yourself; 4) focus on God through worship; 5) do something productive; and 6) keep on loving despite your pain.
- Identify a step you need to take this week or to share with a grieving friend. Ask God to make you a beacon of hope.

Preparing to Lead Your Group

- ✓ **PRAY** for insight as you begin to prepare for leading your group. Ask for God’s wisdom, that the Holy Spirit will be the teacher and that you will be God’s instrument to lead the group to greater understanding and a willingness to commit to becoming more like God. Prayer should be your primary source of personal preparation for leading your group.
- ✓ **PLAN** where you want to take your group in the next 60-90 days. Is your group strong in some areas and weak in others? How can you challenge the members to live more balanced Christian lives? Consider God’s five purposes for the church: Fellowship, Discipleship, Ministry, Mission and Worship, and make a plan to encourage your group members to growth and commitment in their weak areas.
- ✓ **PONDER YOUR PROGRESS** after each session and at the end of a series. Reflect on what went well and what didn’t. Re-evaluation is key to your growth as a leader. Consider whether your plan is being effective in moving the group to greater understanding and commitment. How are you doing with leading the discussion: is it stimulating, challenging, and meaningful? Are you able to keep the group on track? Do you need to make some changes?

Using This Sermon Discussion Guide

- Talk It Over is a tool to aid you in meeting the needs of your group. We’ve designed it so it can be completed easily within 30-45 minutes. As the discussion leader, you should preview and evaluate the questions based on the needs of your group. Decide in advance what is most important to focus on, should time not allow for the entire lesson.
- Feel free to adapt the format to meet the needs of your group. If your group is mature and wants to dig deeper, consider using the Diving Deeper section or add additional Scripture and ask suitable questions. Remember that this is only a guide.
- The questions relating to Bible study methods are helpful to develop Bible literacy and spiritual maturity in our lives. You can help your group be aware of their needs in these areas by using these questions as a regular part of each discussion.
- Personal applications are essential for growth and should be included in every discussion. When discussing how they will apply principles, group members may state very general goals such as “I need to spend more time in prayer.” It is important for you to help people make goals that are very specific and commit to specific plans of action by asking, for example, “How are you going to begin?” An example is to get up 25 minutes earlier each morning, spending 15 minutes reading the Bible and 10 minutes in prayer. Encourage each group member to be accountable to the group for personal progress at the next meeting.
- Your goal as the leader is to bring the group into a stimulating discussion that helps the members recognize their needs for personal life change. Ultimately you want them to be willing to commit to change with accountability to the group. Accountability helps us to persevere in our commitments and achieve the blessings of success.