

Who Do You Trust? Pt.3- The Gift of Surrender

Discussion Notes- August 17, 2025

1. If you could instantly hand off one chore, responsibility, or stress to someone else, what would it be?

Read Matthew 26:36-46

"Then Jesus went with them to a place called Gethsemane, and he said to his disciples, 'Sit here, while I go over there and pray.' And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, 'My soul is very sorrowful, even to death; remain here, and watch with me.' And going a little farther he fell on his face and prayed, saying, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.' And he came to the disciples and found them sleeping. And he said to Peter, 'So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.' Again, for the second time, he went away and prayed, 'My Father, if this cannot pass unless I drink it, your will be done.' And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again. Then he came to the disciples and said to them, 'Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand.'"

In *Matthew 26:36–46*, we see Jesus in Gethsemane, fully honest about His sorrow and wrestling in prayer before the Father. He models that true surrender isn't giving up in defeat, but willingly placing our will into God's hands, trusting His plan is better than ours. Surrender starts with being real about our emotions, aligns our desires with God's purposes, and is often a process we pray through repeatedly. Once surrendered, Jesus rises with resolve, moving into obedience and enduring the cross "for the joy set before Him" (Hebrews 12:2). His example invites us to trust God beyond our present pain, resting in His presence until our hearts are at peace and our steps are ready for action.

2. What part of Jesus' prayer in Gethsemane stood out to you the most, and why?

Read Luke 9:23-24

"And he said to all, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it.'"

In *Luke 9:23–24*, Jesus calls His followers to daily self-denial, cross-bearing, and obedience — a clear picture of surrender in action. This kind of surrender means handing over every part of our lives to God, not as a one-time event, but as a continual choice to trust His authority and follow His lead, even when the path is difficult.

Biblical surrender is a willing choice to give God full control of our lives, trusting that His ways are always good and wise. In Scripture, the Greek word *paradidōmi* means "to hand over or

deliver up,” while the Hebrew ideas of *shāma* ‘ (“to listen, obey”) and *yādā* (“to acknowledge, confess”) point to humble obedience and dependence. It’s not passive or giving up, but an active decision to submit our will to His, even when it’s hard or costly. Surrender is deeply personal — it’s not just agreeing to a plan, but yielding to the heart and authority of God Himself.

3. What’s one area in your life where you sense God asking you to surrender control?

Read Galatians 2:20

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

Passive resignation is when a person stops trying to change a situation, even if it’s difficult or painful, because they feel powerless or unmotivated. It’s a disengaged response marked by emotional shutdown, giving up the right to process or express feelings, and avoiding help from others. This mindset can show up in different ways — like quietly withdrawing at work or carrying a lingering sense of hopelessness.

Active surrender, on the other hand, looks very different. It’s not giving up; it’s giving over—choosing to trust God with what we cannot control and allowing His Spirit to guide us. Galatians 2:20 gives us a picture of this: our old self is “crucified,” and the life we now live is powered by Christ living in us. Surrender isn’t passive; it’s a conscious, faith-filled act of allowing God to work through us even in hard circumstances.

4. In your own life, how have you noticed the difference between quietly giving up and actively surrendering to God?

Read Hebrews 12:1-2

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

As we reflect on Hebrews 12:2, we see that surrender is not a moment of weakness but a posture of faith. Like Jesus in Gethsemane, we are invited to honestly bring our burdens, fears, and desires before God, trusting His plan over our own. Active surrender calls us to lay down what weighs us down—our anxieties, control, or sin—and to run the race set before us with endurance, looking to Christ as our example. It is in this daily, conscious handing over of our lives that we experience true freedom, power, and joy. Today, consider one area of your life that feels heavy or out of control, and ask God to take it fully—entrusting it into His hands with faith, not resignation.

5. What's one area you want to entrust fully to God in prayer today?

Closing/Prayer

- Honest Surrender – Pray to bring your struggles and emotions before God.
- Active Trust – Pray for faith to hand over control of your life to God.
- Endurance and Joy – Pray for strength to follow Jesus and find joy in His plan.

Deeper Dive- Biblical Roots of Surrender

Old Testament Foundations

Surrender in the Old Testament is closely tied to covenant relationship with God. Israel's life was framed around shema ("hear and obey," Deuteronomy 6:4–5)—listening with the intent to obey God fully. Surrender was expressed through worship (offering sacrifices), obedience to the Law, and trusting God over foreign alliances.

Read Deuteronomy 6:4–5

"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might."

Abraham: Trusting God in the Unknown

Abraham models surrender when he is willing to sacrifice Isaac, trusting God's promise even without understanding the outcome.

Read Genesis 22:1–3

"After these things God tested Abraham and said to him, 'Abraham!' And he said, 'Here I am.' He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering...' So Abraham rose early in the morning... and went to the place of which God had told him."

David: Accepting God's Plan

David shows surrender in 2 Samuel 7 by accepting God's plan for the temple, rather than insisting on his own way.

Read 2 Samuel 7:18–22

*"Then King David went in and sat before the LORD and said, 'Who am I, O Lord GOD, and what is my house, that you have brought me thus far?...'
'Therefore you are great, O LORD God. For there is none like you, and there is no God besides you...'"*

New Testament Fulfillment

In the New Testament, surrender becomes Christ-centered. The call is no longer simply to obey God's Law, but to follow Christ. Jesus models perfect surrender in Gethsemane, on the cross, and throughout His ministry.

Jesus' Example

Read John 6:38

"For I have come down from heaven, not to do my own will but the will of him who sent me."

Read Luke 23:46

"Then Jesus, calling out with a loud voice, said, 'Father, into your hands I commit my spirit!' And having said this he breathed his last."

Surrender, then, is a consistent theme: listening, trusting, obeying, and ultimately handing our lives over to God's will—culminating in Christ's perfect example.

1. What similarities do you see between Abraham's surrender in Genesis 22 and Jesus' surrender in the Gospels?
2. In 2 Samuel 7, David accepts God's "no" to his plan. Why is accepting God's redirection a form of surrender?
3. In what ways does surrender require both trust in God's character and obedience to His commands?