



DISCUSSION GUIDE

SURRENDER TO FREEDOM

SPEAKER: STEVE MITCHELL

DATE: September 7, 2025

TEXT(S): Isaiah 43:1-7, 8:12-14

HOW TO USE THIS GUIDE: *This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.*

MESSAGE SUMMARY + DISCUSSION PROMPTS

Fear is one of the most powerful forces shaping our lives. From economic uncertainty to personal struggles with anxiety, many of us feel gripped by the same kind of fear that past generations faced during wars and crises. Yet the message of Isaiah 43 breaks into that reality with a powerful word from God: *"Do not fear, for I have redeemed you; I have summoned you by name; you are mine."* This truth reminds us that God knows us personally, redeems us completely, and walks with us through every fire and flood. This message invites us to see that the antidote to fear is not denial or control, but surrender — not to our fears, but to the holy and loving God who alone keeps us safe.

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. Growing up, what was one thing you remember being afraid of as a kid
2. If you had to describe fear as an animal, which animal would it be — and why?
3. Have you ever faced a fear and later laughed about it? What happened?
4. Who is someone in your life you admire for their courage or calm presence?
5. What's a movie or book that captures the idea of courage in the face of fear? What do you like about it?

LOOK DOWN: *These are questions about the Bible passage(s) from the message. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Consider Isaiah 43:1-7: What words or phrases are repeated in this passage, and why might that matter?
2. How does the phrase "you are mine" strike you — comforting, challenging, personal? Why?
3. What images are used to describe God's protection (water, rivers, fire, flames)? What do these suggest about the kinds of challenges we face?
4. What role does God's presence ("I will be with you") play in this passage?
5. How is fear addressed directly in the text?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Why do you think fear is such a powerful motivator in society — in media, politics, or advertising?
2. How do people usually try to deal with fear without turning to God?
3. What cultural messages do we hear about being “strong” or “fearless”? How realistic are they?
4. How might someone who doesn’t believe in God still resonate with the longing for hope and safety we see in Isaiah 43?
5. In what ways do you think fear isolates people, while trust and love create community?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. When you hear God say, “Do not fear, for I have redeemed you; I have summoned you by name; you are mine,” how does that speak to your own life right now?
2. What “waters” or “fires” (challenges, struggles, or pressures) are you currently passing through?
3. What would it look like for you to surrender a specific fear to God this week?
4. How can you cultivate a healthy fear of God that replaces unhealthy fears?
5. If you experienced real freedom from fear, what difference would it make in your daily life?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5-10 minutes:*

1. Name a Fear Before God: Write down one specific fear you’re carrying and bring it to God in prayer each day, asking Him to replace it with trust in His presence.
2. Practice Surrender Daily this Week: Each morning, take a few minutes to pray Jesus’ words: “Not my will, but yours be done.” Hand over your plans, worries, and fears to Him.

