

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Surrender

- **Leader shares:** Surrender is the practice of easing the mind when life's uncertainties feel heavy. It is finding ways to quiet the inner storm through prayer, reflection, and trust in God's wisdom. When thoughts about our children, finances, health, work, relationships, family, friends, or the future begin to crowd our peace, surrender invites us to pause and seek guidance, asking for the strength and clarity to face what we can and the calm to rest in what we cannot change. It is choosing to soothe the spirit rather than wrestle with every unknown. By taking time to sit in gratitude, honoring how far we have come, celebrating the small wins, and acknowledging the resilience we have built, we shift our focus from worry to faith. In these moments we discover that joy is not found in controlling every outcome but in trusting the process, confident that we are cared for by God and strengthened by our own resilience.
- **Group shares:** When your mind feels heavy and weighed down by worry, what helps you find peace the most?
- **Acknowledge:** THANK YOU for sharing!

Verse: Proverbs 3:5–6 (NIV) - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

- **Leader shares:** The core of the verse is about replacing anxiety with prayer and trust. Paul tells us to *present our requests to God* with thanksgiving, which means gratitude is a posture we carry while praying, not the entire focus. It's about approaching God with both honesty about our needs and recognition of what He has already done, trusting that His peace will guard our hearts and minds.
- **Group shares:** Do you feel you can go to God honestly with your concerns to find relief from worry?
- **Acknowledge:** THANK YOU for sharing!

10 Ways to Surrender and Find Peace

- Pray honestly and tell God exactly what is on your heart.
- Look for even one small thing to be grateful for each day.
- Read Scripture that reminds you of God's promises and care.
- Breathe slowly and deeply to ease your mind and body.
- Remember times in the past when you made it through hard seasons.
- Spend quiet moments with God, even if you have no words.

- Talk with someone who can offer comfort and perspective.
- Hand over to God the things you cannot change, as often as needed.
- Care for your body with rest, healthy food, and gentle movement.
- Celebrate small wins as proof you are moving forward.

Prompt Question: Which of these ways to surrender speaks to you most, or would you add another?

Acknowledge: THANK YOU for sharing!

- **Leader shares:** Surrender reminds us we are never alone, even in the heaviest seasons or in times when worry seems to fill our minds. Sometimes the most we can do is ask God for strength and wisdom, trusting that He will meet us in that simple prayer. His presence becomes our steady ground, carrying what we cannot and calming our restless thoughts. Trusting Him is not giving up but allowing hope and faith to guide us forward. Each day is a new opportunity to walk in peace, knowing we are held and cared for.
- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we conclude our group meeting, I encourage everyone to share any additional thoughts on your mind, or to request prayer.
- **Stay connected:** imperfectpaths.com

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