



PRINCE
of PEACE
LUTHERAN
CHURCH

Discussion Guide / Week 3/ Surrender: the Relief from Control

Opening

Share a high/low from your week or a thought from the discussion on 'Forgiveness' that has stayed with you

Dig In

Where do you desire control in your life?

We live in a world that equates activity, productivity, and optimization with success.

What are the techniques you use (apps, routines, systems) to optimize your life? How do they help...and how do they create less control in your life?

Religion can become a technique — a way to manage outcomes or optimize spiritual success.

Where have you seen Christian faith treated more as a life strategy than a relationship?

Live It

Read Mark 5:1-12

Why do you think Jesus chose to heal people who could offer nothing in return or "optimize" nothing?

How does this change our self-imposed expectations in our relationship with God?

We often only surrender after a breakdown — when our systems fail, our strength runs out, and we find ourselves "on the mat."

Where in your life are you afraid that surrender might feel like failure?

Heather Kopp wrote that grace was "a nice option, but not my only option" — until crisis forced her to cling to it.

Can you recall a moment when losing control actually led you closer to God? What shifted in you?

Wrap Up

"Surrender is relief because where human control ends, faith in God begins."

Reflection: Where can you experience surrender this week — even if it feels uncomfortable or unproductive?

Pray as a group for each other and for your study of God's Word.