



# THE WAY of HOPE

WEEK 1

## SPIRITUAL PRACTICE SURRENDER

The message of Easter invites us to surrender to the purpose God has for us – to be his and to follow him. The first step of surrender is to place our faith in Jesus who is God, Savior and friend. Jesus is the one we were created by and for, and he wants to lead us to wholeness, purpose and peace.

Once we surrender to Jesus, we begin to follow him. Following Jesus involves small, daily decisions of surrender. Here are some questions and scripture to help us on our journey:

## DAY 1

Meditate on **Colossians 1:13-20** and carry it with you throughout the day. Ask God to reveal to you why he is trustworthy of your surrender. At the end of the day record what you believe he is showing you.

*<sup>13</sup> For God has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves (Jesus), <sup>14</sup> in whom we have redemption, the forgiveness of sins. <sup>15</sup> The Son is the image of the invisible God, the firstborn over all creation. <sup>16</sup> For in Jesus all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. <sup>17</sup> Jesus is before all things, and in him all things hold together. <sup>18</sup> And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. <sup>19</sup> For God was pleased to have all his fullness dwell in him, <sup>20</sup> and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.*

## DAY 2

Name your nets. Meditate upon **Matthew 4:18-22** and ask God to reveal to you what you need to surrender to follow him with greater joy and hope. Carry this with you throughout the day and in the evening share with someone 1-2 things you desire to surrender to God.

*<sup>18</sup> As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. <sup>19</sup> "Come, follow me," Jesus said, "and I will send you out to fish for people." <sup>20</sup> At once they left their nets and followed him. <sup>21</sup> Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, <sup>22</sup> and immediately they left the boat and their father and followed him.*





## DAY 3

Replace your nets. When the disciples left their nets and boats to follow Jesus, they received a new purpose. They went from fishing for tilapia to fishing for people (Matthew 4:19). Surrendering isn't just letting go, it's receiving something new. Consider Paul's list of things to put to death and to put on in **Colossians 3:5-14**. Note the one thing you want to put on today and then be intentional to do it. This evening, share with someone what you experienced.

*<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup> Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. <sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.*

## DAY 4

Ask God again, to help you surrender the things he is revealing to you. Take action to be different and to trust his power to help you. The mantra of surrender is: I can't. God can. I think I'll let him. Meditate on **Romans 8:31-35, 37-39** and let the power of God's love compel you toward change.

*<sup>31</sup> What, then, shall we say in response to these things? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? <sup>33</sup> Who will bring any charge against those whom God has chosen? It is God who justifies. <sup>34</sup> Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. <sup>35</sup> Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ... <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

## DAY 5

Look back over this week and celebrate the small surrenders you made with God's help. Pause and truly celebrate, no matter how small the surrender. Thank God for meeting with you and helping you. Do you have a clearer sense of your purpose (in your relationships, work, neighborhood)? If so, write it down. If not, share your journey of purpose with a trusted friend or Life Group – ask for their input and prayer.

Find the Life Group Leaders Guide at [menlo.church/thewayofhope](https://menlo.church/thewayofhope)