



Part 7 | Finally, Surrender Your Day to God and Let It Go

In the conclusion of this message series, we learned the ultimate lesson of how to live through a bad day. After hours of suffering on the cross, Jesus finally said, “Father, into Your hands I commit my spirit.” By making this declaration of trust, Jesus shows us how to surrender our lives to the Father and completely let it go. We often get trapped by worry when we try to control our lives instead of trusting God. But the struggles in our lives can’t be our problem and God’s problem at the same time. As we get to know God personally, put Him first in every area of our lives, and learn to live one day at a time, we can be set free from the worry that enslaves us. Author and Pastor Jack Hayford said: “To live through a bad day –indeed, to conclude it –is to place it in the hands of God and leave it there.”

It was now about the sixth hour, and darkness came over the whole land until the ninth hour, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into Your hands I commit my spirit.” When He had said this, He breathed His last. (Luke 23:44-46)

Discussion Questions

1. Discuss the importance of trusting God and completely surrendering our problems to Him. In difficult situations, how is trusting yourself rather than trusting God like serving two masters?
2. Think of the things in your life that you are trying to control. How is this affecting the way you think, act, and speak? Think about a time when you surrendered a problem to God, and share how it impacted you emotionally, physically, and spiritually.
3. Discuss what it means to “live one day at a time.” How can focusing on today lessen the worry and stress in your life?

Prayer Focus

When you find yourself worried or stressed this week, take a moment to pray. Ask God to forgive you for trying to handle things without Him, and declare your desire to put Him first in every area of your life. Ask Him to help you focus on today and not worry about yesterday or tomorrow. Tell God that you trust Him to take care of your needs. Then, completely surrender your day and your struggles to Him.

Next Steps

To reduce the worry and stress in your life, surrender your problems to God. To avoid taking your problems back from Him, spend time in worship and prayer and serve others. Remember to live in the present.

Leader Tip

Make time in your group for leaders, co-leaders, and group members to talk about what is their next step spiritually. Is it to be baptized? Is it to go through the Growth Track and discover their purpose and calling for ministry? Is it to start putting God first in finances? Is it launching out to start a new group? Help group members identify and take their their next steps

