

# The Surrendered Life

## KEY VERSES

Romans 12:3-21

## KEY THEMES

God's mercy motivates us

God is our owner

A response of faith

Yielding to the Spirit

INTRODUCTION

INNOCENCE

CONSCIENCE

HUMAN GOVT.

PROMISE

LAW

GRACE

## TEACHING NOTES

### Will you surrender?

Matthew 16:13-28

### The surrendered life



Why? (Romans 12:1-2)

### What is our attitude or aim?

Toward God:

Toward ourselves:

Toward others:

**Three marks of a surrendered life:**

 Humility (Romans 12:3-8, NIV)

 Love (Romans 12:9-16, NIV)

 Peace (Romans 12:17-21, NIV)

**A life of surrender reflects Christ to the world**

**Lesson objective:** *To understand and be encouraged toward a life of surrender*

## PERSONAL STUDY

### Study 1

#### Prepare your heart and mind

Open your time with God by asking Him to help you focus on what He has for you. God desires that you would pursue Him personally.

In previous sessions we identified that in order to have victory over the old nature, we must *know* (Christ died so we may live), *consider* (moment by moment believing God's truths) and *surrender* (a lifetime of yielding to God). In order to live a surrendered life that is pleasing to God it is important to understand God's mercy.



#### Read Romans 12:1

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.*

What does Paul plead with us to do and why?

Stop for a moment and ask, what is the value or worth of Christ in your life?

As we understand and grasp the depth of what Christ has done for us, Paul suggests we become motivated to be a *living sacrifice – the kind God will find acceptable*.

In the Old Testament, the sacrifice of an animal provided temporary atonement of sin. In the New Testament, Jesus' death was the ultimate and perfect sacrifice for our sins. What do you think it means to offer ourselves to God as a *living and holy sacrifice*?

To be a *living sacrifice* is to place your life before God as an offering for Him to use as He sees fit. It is giving your life up to God. To place your life before God as an offering can sometimes be painful or inconvenient. The more we begin to recognize the love and mercy we have been given, the more we are compelled to live a life of sacrifice.

What does Paul identify as a response from someone whose life is built on the gratitude of the mercy God has given them?

Offering our lives as an act of worship is a way that we can express our love and adoration for all that Christ has done for us. What does it look like to offer our lives on a daily basis?

Are there areas of your life God is asking you to sacrifice for Him?



**Read Romans 12:2**

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

What is the very first thing Paul identifies that our sin nature will want to do?

The world is pulling at us constantly. If as a Christ follower we do not actively resist the pattern of the world we will become molded by the world. What are some examples of incorrect world-views and values? (An example to get you started: popularity is more important than truth)

What are some ways verse 2 describes how a life is transformed?

Being transformed is the work of the Holy Spirit, but we also play a part in the process. God works in partnership with our will and faith in transforming us. We have to be intentional about the way we live.

Make a list of ways that allow God to *change the way you think*.



### Read Philippians 1:6

What is the promise that God has given us?

### Key verse

Put to memory Romans 12:2. Place the provided scripture card somewhere you can see it throughout the day.

### Prayer time

Spend some time in prayer thanking God for the mercy He has given you. Ask God to reveal areas of your life that He may be asking you to offer as a living sacrifice. Seek the Holy Spirit to help you identify where you can improve your part of the renewing process.

## Study 2

When Paul gets to Romans 12 he describes in detail what it should look like for a follower of Jesus to live a surrendered life. We all know this is not easy because our sin nature desires anything but to die to selfishness. Let's take a look at some of the distinguishing marks of a surrendered life so we know what to be looking for as evidence of the Holy Spirit's work in our lives.

### A surrendered life is humble



### Read Romans 12:3-5

What can compel us to often think more of ourselves than we should?

When do you most often compare yourself to someone else? Why do you think this is?

If we will trust God and His unique design and plan for us, we will have an easier time being humble with those around us.

### **A surrendered life is loving**



#### **Read Romans 12:9-16**

What are some ways you know when someone is genuine in expressing love and care for you?

Who is someone you can honor above yourself this week? How will you do this?

Let's be honest, none of us like being around people who are antagonistic or abrasive. What's a practical way the Holy Spirit can help us in responding to them? (*Maybe it would be to really listen to them and not prejudge what they might say.*)

Consider the people that you try to avoid being around. Ask God to give you a heart that loves like His and sees everyone as worthy of attention and affection.

### **A surrendered life is peaceful**



#### **Read Romans 12:17-21**

What is your typical response to conflict? Do you tend to get combative and defensive, withdrawn, or do you lean toward trying to find a peaceable solution?

What drives the way you respond?

Consider Jesus' model and how He was constantly being falsely accused. How was Jesus able to remain peaceful and not defend himself in these situations? (see Philippians 2:5-8)

**Humble, loving, peaceful**

Which of these three: being humble, loving others or being peaceable with those around you is the biggest challenge for you? Why do you think this is?

All of these character qualities can only come as a result of allowing the Holy Spirit to lead and empower our lives. How are you engaging with God's Spirit daily to tap into His help and guidance?

**Key verse**

Continue working to memorize Romans 12:2. Last week's memory verse was Romans 12:1. Once you have a good handle on verse 2, work on combining the two verses. Attempt to write them out together in the space below.

**Prayer time**

Take some time now and on a daily basis to pray and ask for the Spirit's leading in your life. Pray also for your willingness to constantly surrender instead of following what your sin nature wants.

## PARENT GUIDE

### Discussion guide

What does the word *worship* mean to you?

Read Romans 12:1-2 together.

Often we think of worship only when we are singing praise songs. But these verses teach us that worship is much more than that. True worship is when we put God first in every area of our life. By telling God we love Him and by showing God that He's more important than anything else, we give God the best gift—a heart full of praise. God deserves our wholehearted worship.

What are some ways you can worship God that aren't singing?

### Activities

Here are some fun things to do with your family to worship God:

Look in magazines and newspapers to find pictures or words that remind you of things you love about God and make a “worship poster” to hang on your wall.

Go on a nature walk with your family. While you're outside, take time to observe God's creation, pray, and listen to praise music. The goal of this activity is simply to worship God wherever you go.

Spend some time alone with God, talking to Him. Tell God what you love about Him. Ask God to help you with things that get in the way of worshipping Him.

Brainstorm ways that your family can serve others this week. (*Each other, teachers, friends, strangers*)



**ADDITIONAL STUDY****Read Romans 13-16****Observation**

*(Who? When? Where? Why? What does it say? What do I notice?)*

**Interpretation**

*(What are the key themes or truths? What is the writer's intended meaning? What is the context? What questions do I have?)*

**Application**

*(How do I apply it? What does this mean for me?)*

