



PART 1: SURRENDER YOUR WILL

The health of your soul—your inner life—determines your capacity and tolerance for duplicity. In other words, it determines how wide the gap is between who you are and who you pretend to be.

It's possible that with a series of decisions, you could do the unthinkable—and live with yourself. People do this all the time.

CONNECT

When was the last time you heard a story and thought, *How do they live with themselves?* If that's the initial response you have, what does that suggest about you?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. In the video, Andy described what he called a “I’ll call on God when I need him” season, where you pray your way out of a situation you behaved your way into. Do you remember having seasons where this was your approach? How does this way of relating to God contrast with being surrendered to our heavenly Father?
2. Read **Romans 12:1**. Does the idea of surrendering your whole life to God raise concern? Why do we have to surrender our whole life instead of just part of it?
3. Read **Luke 9:23**. Why is denying ourselves and taking up our cross such an important part of following Jesus? Why is it so important to do this every day?
4. At the end of the video, Andy said that you cannot truly love or be loved when you are in damage control because no one really knows you. Have you experienced this? How can you tell if your soul has entered damage control?





BEFORE NEXT TIME

Today we learned the first habit to safeguard our soul:

1. Surrender your will.

Between now and the next time your group meets, begin each day surrendering to your heavenly Father. In the full message, Andy suggests using this prayer:

Heavenly Father, I surrender myself to you—my hands, my feet, my eyes, my ears, my thoughts, my desires, my hopes, my dreams, my talents, and my opportunities. I surrender all. Thy will be done through me today.

Starting your day in this way makes you more sensitive to and less tolerant of duplicity.

PRAY

As a group, pray for God to help you surrender your life and your heart to him daily. Ask him to show you the areas of your life where you may be hesitant to hand over control.

