

**Surrender: The Path to Peace**  
How to Get Through What You're Going Through  
October 10, 2021

**The Path to Peace**

1. Accept what cannot be changed.
2. Remember it's not the end of the story.
3. Take care of yourself.
4. Refocus on God through worship.
5. Do something productive.
6. Keep on loving, even in your pain.

**Questions for Personal Reflection & Group Discussion**

***Read 2 Samuel 12:1-25 and Romans 15:4***

What losses did David experience? How do you see the six steps of the path to peace reflected in David's story? Write down the steps David took.

Why is it easy to get stuck in the present when we are processing grief? What steps must be taken to move from the past to the future?

Consider a loss you have experienced in the past. Where did you find hope in that situation? How did God meet you in that season?

Which step of surrender is most difficult for you? Why is that?

Why is doing something productive an important part of surrender?

What does it look like for you to keep loving, even in your pain? What emotions does that bring up for you? How can you balance what you know to be true with what you feel and move forward?

Where do you need to step out in faith, surrender your pain, and trust your Heavenly Father?