

## Into the Deep – Week 9 Small Group Questions

### Ice Breaker

1. Pastor Chris talked about his devotion to running and how it encompasses a large part of his life, affecting everything from time to diet. Have you ever committed to big goals that required you to give of yourself physically, emotionally, and mentally over a long period to achieve them?
2. What things in life bring you real joy where you never get tired of them? Hobby? Family? What about them makes you happy?

### Scripture

Romans 12:1-2, 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. 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.

### Discuss

1. In verse one, Paul urges the believers to give up their bodies because of what He has done. Work together as a group to list what God has done for you. Does the list you've come up with cause you to understand why Paul would urge the church to surrender their entire lives to God?
2. Read Psalm 66:16-20. Pastor Chris said, "David has such gratitude for what the Lord has done for him. For saving his life, for not letting his enemies overtake him, for showing him mercy upon mercy, for listening to him when he prayed and begged. For being his fortress, his refuge, his hiding place. His strength and redeemer. He is so overcome with gratitude for who God is and what he has done for him that he can't contain his praise. He almost seems to yell it from the top of a roof." **Do things that God has done for you cause you to praise Him? What are some ways that you enjoy praising God?**

3. What do you think it means when Paul says we should give our bodies to God?

**Leader's Note:** Giving our bodies to God means surrendering body, soul, and mind. No part of us is under our control anymore. We lay it all at the feet of the cross for God to do with what He desires.

4. Read Matthew 6:25-33. Pastor Chris said, "There it is out of the mouth of Jesus himself. Don't worry, don't try and hold on to control. I know what you need before you even know that you need it. Give me your body. Remember body means entire being. Stop trying to hold onto it. I've given you the Holy Spirit and he will work in you to cause you to let go. Trust me. Seek me. Seek my desires. Seek my plans. Seek my righteousness, and I will give you everything you need! Everything!! This is not just physical provision. We are talking about everything." **What areas of life are you still learning to trust God with? What areas did you use to struggle with trusting God, but He has helped you make tremendous progress.**
5. Pastor Chris talked about our walk with the Lord as an expanding devotion or an ever-expanding yes. What does that mean to you? Do you feel like your devotion to the Lord is expanding? Why or why not?

### Practice

1. What is one thing that you can take away from this message?
2. For the next week, commit to giving God praise in the first and last moments of your day. Thank him for at least five things before you step out of bed and at least five things before you go to sleep.