



CONVERSATION 0:

FOLLOWING JESUS STARTS WITH SURRENDER

ICEBREAKER: CONTROL FREAK METER

Answer each question honestly. **Rate yourself 1–5** (1 = not me at all, 5 = oh no ... that's definitely me.)

1. When making plans with friends ...

1 = Wherever you want to go. | 5 = I have a spreadsheet sorted by price, reviews, & cleanliness.

2. When someone else is driving ...

1 = Sit back and enjoy the ride | 5 = I brake with my imaginary pedal and comment on every turn.

3. When plans change last-minute ...

1 = Cool, no big deal." | 5 = This is the end. Society is crumbling. I need to lie down.

4. When you give instructions ...

1 = However you want to do it is fine with me. | 5 = Move. I'll do it. You're doing it wrong. All of it.

5. When playing games ...

1 = Let's have some fun! | 5 = If we're not winning, what are we even doing here?!?

Score each question and add up your total. Refer to the Control Freak Meter Tiers below to see where you stand.

- **0–8: “The La-Z-Boy Legend”** - You are *extremely* chill. You could be stranded at an airport for 12 hours and still say, “Eh, it’s fine.” People want your peace. Bottle it.
- **9–14: “The Mild Manager”** - You like things a *certain way*, but you don’t die inside when someone else does it. You’re like a golden retriever with a clipboard.
- **15–19: “The Steering Wheel Squeezer”** - You’re mostly calm... until someone messes up your plan, playlist, or parking strategy. You *can* let go — you just don’t *like* to.
- **20–23: “Captain of the Universe”** - You don’t just want control... You believe the world runs smoother when **you** run it. GPS reroutes for **you**, not the other way around.
- **24–25: “The Supreme Overlord of All Things”** - If there were a throne, you’d sit on it. If there were a kingdom, you’d rule it. If there were a group project, you’d have already finished it... yesterday. (Lord, help us.)

A CASE STUDY IN SURRENDER:

Here's the truth: most of us really do love Jesus... as long as He doesn't mess with our plans. We want God involved, but usually on *our* terms. We want His help, but not always His direction. We want Him to fix things, but not tell us things. We want Him to bless the choices we've already made... not make His choices the priority. But here's the shift every *spiritual child* has to grow through: submission isn't God punishing you - it's God realigning you. So let's take a look at what the scriptures teach about submission.

READ: PROVERBS 3:5

"Trust in the LORD with all your heart and lean not on your own understanding."

True submission begins where your understanding ends. Spiritual children often want to understand *why* before obeying - but God's invitation is for us to trust even when we don't understand yet.

READ: LUKE 9:23

"Whoever wants to be my disciple must deny themselves, take up their cross daily, and follow me."

Notice, Jesus doesn't talk about submission like it's something you will "occasionally" do. He says it's a daily discipline for everyone who wants to follow Him. This means that submission is not passive. It's active. It's a daily choice that leads you toward Jesus.

READ: JAMES 4:7-8a

Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸Come near to God, and he will come near to you.

Submission matters because submission is a spiritual weapon. Maybe you've never thought of it like this ... but you cannot resist the enemy if you are still resisting God.

DISCUSS: ABSOLUTE CONTROL vs ABSOLUTE SURRENDER

Use the QR code to the right to watch the video, "Absolute Control vs. Absolute Surrender." Then discuss the questions below:



- When you think about following God, what part feels exciting, and what part feels uncomfortable?
- Why do you think God gives us the choice to submit instead of making obedience automatic? What might this say about Him?

INSTRUCTIONS FOR GOING FORWARD:

In this phase, we grow by letting go of control and **submitting to the process**. Choose a regular weekly time to meet with your Discipleship Partner(s) and do your best to stay consistent. Work through the conversations **in order**, completing all parts before moving to the next. Stay connected throughout the week by praying for and encouraging one another. Now close your time in prayer together.