

The Week of: **March 3, 2021**

What's your life like?

Highs and Lows (Relationship Edition!)

- Go around the group and take a few minutes to talk about the best part of the last week. Then spend some time talking about what was tough about last week.
- This is a great chance to go deeper with your group. Don't rush this time. This conversation could lead to a breakthrough!

What are we talking about this week?

Bible Verse

Mark 14: 32-36

Main Point of the Message

Sometimes when life is uncertain, the best thing we can do is surrender our pain, emotions, and questions to God.

Discussion Questions

- When was the last time you learned something about God that blew your mind?
- What do you think Jesus was like as a little kid?
- Have you ever thought about Jesus dealing with emotional health?
- How would you define the word "Surrender"?
- What do you think it means to surrender to God?
- Who do you have in your life that is your surrender support?
- Do you talk to God when you are dealing with big emotions? Why or why not?
- If Jesus could trust God with his emotions, what do you think that means for you?

Now what?

Seek Surrender

Identify some emotions in your life that have you trapped or overwhelmed and seek to surrender those emotions by seeking support and talking to God.