

Building Resilience in a Chaotic World

Surrender to God imparts resilience (Matthew 26:36-39). We daily navigate the chaos and uncertainty of the world around us, leaving many hopeless, worried, and anxious. Jesus experienced a similar struggle, saying to some of His disciples in the Garden of Gethsemane that His soul was *overwhelmed with sorrow to the point of death*. Despite this mental and emotional distress, Jesus still had the resilience and resolve to go to the cross. He had the hope necessary that enabled Him to face the grave. That hope and resilience came through His *surrender* to God. In His agony, Jesus modeled to us surrender by embracing God's will over His own. When we embrace Easter as Jesus embraced Easter – giving up control and surrendering to God fully – God imparts resilience, strength, hope, peace, and joy to us.

GET THINGS STARTED

Do you agree or disagree with Mike Tyson when he said that *everyone has a plan until they get punched in the mouth*? Why do you think so many people have what researchers call the *illusion of control*, and what is true about the measures of control we have?

GO DEEPER

1. Why is it significant that the gospel writers intentionally highlight the anguish and sorrow Jesus experienced in the Garden of Gethsemane (Matthew 26:37-38; Luke 22:44) as He prayed? What do these details teach us?
2. From Matthew 26:39, how is surrender to God, as Jesus models, the key to resilience?
3. Why is *Moral Therapeutic Deism* or MTD (i.e., God exists to make my life better in the way I deem it should be better) the wrong approach to the Christian faith? How does MTD lead to hopelessness? In contrast to MTD, what is the right approach to our faith?
4. According to Matthew 10:39, what does our effort to control produce, and what does our surrender lead to? Why is our surrender not a guarantee or promise of a trouble-free life?

MAKE IT PERSONAL

1. How surrendered are you to God right now? What possible areas of your heart or life have you not surrendered to Him, that you are still trying to control, and how is that working out for you?
2. What keeps you from fully surrendering to God? What steps do you need to take to embrace surrender and receive resilience, peace, joy, and hope?

PRACTICE IT NOW

As a group, take time together in prayer to verbalize your surrender to God. Pray the words that Jesus prayed to our Heavenly Father: *not my will but Yours be done*. Ask God for the courage to give up control and to say yes to Him in every area of your heart and life. Ask Him to meet you in those hard places where you feel overwhelmed and uncertain, and to stir in you an unwavering resilience and hope in the face of difficulty.