

# ROLLING WITH THE PUNCHES

## Big Idea

Pastor Curt – Part 7

As Pastor Curt concluded our series, we learned another way to **Roll with The Punches** by observing how Jesus, who was in the midst of His worst situation dying on a cross, give us a framework to deal with the difficulties that will come our way. After hours of suffering on the cross, Jesus said, "Father, into Your hands I commit my spirit." By making this declaration as His worst day drew to an end, Jesus showed us how to completely trust God, giving us **Life-Lesson #7 Finally, surrender your day to God, and let it go.**

Instead of trusting God, we often get trapped by worry when we try to control our lives. Jesus taught us that God will meet all our needs, so **worry is unreasonable, unnatural, unhelpful, and unnecessary.** PC said: *"Why do we worry? You don't think God can take care of it for you, you think you can do a better job, you don't trust God enough so rather than trust God we try to control it ourselves."*

Pastor Curt taught us how to get rid of worry. **1** - Get to **know God** because the more you **know Him**, the more you'll **trust Him**, **2** - Put **God first** in **every** area of your life, **3** - Live **one day** at a time. To make it through the tough times, place it into the hands of God and leave it there.

## Discussion Questions

- Discuss the importance of trusting God and completely surrendering our problems to Him. In difficult situations, how is trusting yourself rather than trusting God like serving two masters?
- Think of the things in your life that you are trying to control. How is this affecting the way you think, act, and speak? Share this with your group.
- Think about a time when you surrendered a problem to God, and share how it impacted you emotionally, physically, and spiritually.
- Discuss what it means to "live one day at a time." How can focusing on today lessen the worry and stress in your life?

## Prayer Focus

When you find yourself worried or stressed this week, take a moment to pray. Ask God to forgive you for trying to handle things without Him, and declare your desire to put Him first in every area of your life. Ask Him to help you focus on today and not worry about yesterday or tomorrow. Tell God that you trust Him to take care of your needs. Then, completely surrender your day and your struggles to Him.

## Next Steps

To reduce the worry and stress in your life, surrender your problems to God. To avoid taking your problems back from Him, spend time in worship and prayer and serve others. Remember to live in the present.

## Leader Tip

Encourage your group members to share with at least one other person in the group one of the ways we discovered to get rid of worry that they would like to grow in. Have them be prayer partners this week for encouragement and accountability.