



Life Group Material

Sunday 15th September

ICE BREAKER: What's something you started but had to give up? (A marathon, a sport a hobby, book etc)

ENCOUNTER: Yielding in prayer - 10 mins

<https://www.youtube.com/watch?v=s7jXASBWwwI> – Song: I surrender.
Hillsong

Listen to this song while doing this prayer exercise

Read John 8:36

“if the Son sets you free, you will be free indeed.”

Give everyone a stone (or crumpled up paper). Hold onto it tightly and think of something troubling us, weighing us down. Take time to think about the object in our hands, think about how we are grasping onto it and how this is like how we hold onto things so tightly in life. Like our fist clenching the rock (or paper). In prayer offer the thing troubling us up to God. Surrender it to Him. As we do this let go of the rock (or paper) into a bowl or bin as an image of yielding.

FOCUS: Romans 12:1-2, Romans 6:13-14

Q1: Free servants, living sacrifices.

Think of some paradoxes in Christianity. Discuss them and how you feel about them.

Q2: What do you think of this quote by Martin Luther?

“A Christian is perfectly free, subject to none. A Christian is a perfectly dutiful servant to all, subject to all.”

How does this effect our daily lives? Our relationships? How we resolve conflicts?

Q3: Read, Romans 12:1-2

The spiritual discipline of submission is one that (likely) challenges us all. Why do you think this is?

Q4: Richard Foster; Celebration of Discipline.

‘(paraphrased) One of the chains that binds is the slavery to getting our own way, not yielding to others.’

Discuss this quote. How have you seen this in relationships?

What are we saying when we are unwilling to give into the others?

Q5: Discuss Romans 6:13.

Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

“When Christ died for us, he paid the penalty that the law of God demands for our guilt. Jesus fulfilled all the obedience that the law demands for our righteousness. Therefore, we are free.”

Do we fully appreciate the freedom we have in Christ?

The mind of the Pharisee is obeying laws to be saved, we obey because we are saved. Do you ever get these confused, set up law requirements for ourselves?

ACTIVATION:

“Lord, I am yours. Save me”

Pray every day a prayer of yielding. Remind each other in LG whatsapp if you have one.

Example prayer by the reformer Martin Luther “Lord I am yours, save me”