

Trusting God with Open Hands

Week 1 – Submission Begins with God – 1/23/2026

Primary Scripture: Romans 12:1–2 – A Living Sacrifice

Supporting Scriptures:

James 4:7

Proverbs 3:5–6

Psalm 34:18

Psalm 37:5

Luke 22:39–46

2 Corinthians 12:9

Galatians 5:1

Isaiah 30:15

Key Takeaways -

1. **Biblical submission begins with God**, not with people, circumstances, or outcomes.
 2. **Submission is not weakness**—it is trust rooted in intimacy with the Father.
 3. **Submission comes before strength**; surrender comes before resistance.
 4. **Open hands symbolize trust**, while clenched hands reveal control and fear.
 5. **Jesus modeled submission** in Gethsemane—strength came *after* surrender.
 6. Biblical submission is **voluntary, worshipful, and trust-driven**, never forced or abusive.
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Discussion Questions

1. When you hear the word **submission**, what thoughts, emotions, or past experiences come to mind?
2. The teaching emphasized that submission begins **vertically with God** before it becomes relational. Why do you think this order matters?
3. What do **clenched hands** look like in your own life right now? What are you holding tightly to?

4. How does viewing submission as **trust rather than control or loss** change your understanding of obedience to God?
 5. In Luke 22, Jesus prays, *“Not my will, but Yours be done.”*
What do you think that moment cost Him emotionally and spiritually?
 6. What might a **Gethsemane moment** look like in your own life—where obedience feels costly or uncertain?
 7. The teaching said, *“Open hands don’t remove pain; they position us to receive God’s strength.”*
How does this truth challenge or encourage you?
 8. Have you ever experienced God’s strength **after** surrendering something difficult? What did that look like?
 9. Why do you think submission has often been misunderstood or misused, especially toward women?
 10. How does knowing that biblical submission is **not bondage, fear, or loss of identity** bring clarity or healing for you?
 11. What does it look like practically to whisper **“nevertheless”** to God in this season of your life?
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Practical Applications

1. **Open-Hands Prayer**
Each day this week, pray:
“Lord, I release what I cannot control and receive what only You can give.”
2. **Identify Clenched Areas**
Take time to reflect: What am I trying to control instead of trusting God with?
3. **Scripture Meditation**
Meditate on **Romans 12:1–2** this week. Ask God what surrender looks like in your daily life.
4. **Practice Surrender**
When faced with fear, uncertainty, or resistance, pause and intentionally offer that moment to God with open hands.