

Bible Study Guide: Established by God – From Striving to Surrender

 Source Transcript:

Big Idea

True success and lasting impact come not from striving in our own strength, but from surrendering our plans to God and allowing Him to establish the work of our lives.

Theme

This study invites believers to shift from self-driven goals to God-directed purpose—learning to trust His timing, seek His favor, and allow Him to work through them for lasting fruit.

Core Scripture

Psalm 90:17

“May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.”

Introduction: The Tension Between Striving and Surrender

We often live:

- Driven by goals
- Pressured to achieve
- Focused on outcomes

But Scripture calls us to:

- Pause
- Surrender
- Trust God's work

Key Insight:

“When God builds your life, the results carry peace and abundance that striving never can.”

Main Point 1: We Tend to Strive in Our Own Strength

Explanation

We often:

- Set goals independently
- Push forward relentlessly

Spiritual Truth

Self-reliance:

- Leads to stress
- Produces limited results

“We strive to do a lot on our own.”

Application

- Where am I striving too hard?
- Am I relying on myself or God?

Sticky Quote:

“Striving without God leads to exhaustion.”

Main Point 2: God’s Favor Changes Everything

Explanation

Moses prays for:

- God’s favor to rest on His people

Spiritual Truth

God’s favor:

- Multiplies effort
- Brings blessing

“May the favor of the Lord rest on us.”

Application

- Am I seeking God’s favor first?
- Or chasing success on my own?

Sticky Quote:

“God’s favor accomplishes what effort cannot.”

Main Point 3: God Establishes What Truly Lasts

Explanation

We build:

- Temporary things

God establishes:

- Eternal impact

Spiritual Truth

Only God can:

- Make our work meaningful

“Let God establish the work of your hands.”

Application

- What am I building?
- Is it lasting or temporary?

Sticky Quote:

“What God establishes endures.”

Main Point 4: Surrender Leads to Greater Results

Explanation

Letting go:

- Feels risky

Spiritual Truth

Surrender:

- Opens the door for God’s work

“Allow God to work in and through you.”

Application

- What do I need to surrender?
- Where am I holding control?

Sticky Quote:

“Surrender invites God’s power.”

Main Point 5: God's Way Produces Peace

Explanation

Worldly success:

- Often leads to stress

Spiritual Truth

God's plan brings:

- Peace
- Fulfillment

“God's way brings peace and abundance.”

Application

- Do I have peace in my pursuits?
- Am I aligned with God?

Sticky Quote:

“God's plan produces peace.”

Main Point 6: Pause Before You Push Forward

Explanation

We often:

- Rush ahead

Spiritual Truth

God calls us to:

- Slow down
- Seek Him

“Maybe it’s time to pause.”

Application

- When was the last time I paused with God?
- Am I moving too fast?

Sticky Quote:

“Pause to hear God’s direction.”

Main Point 7: Invite God Into Your Plans

Explanation

We make plans:

- Without consulting God

Spiritual Truth

God desires:

- To lead

“Let God shape your year.”

Application

- Have I invited God into my goals?
- What needs to change?

Sticky Quote:

“Invite God into every plan.”

Main Point 8: God Works Through You

Explanation

God uses:

- Your gifts
- Your abilities

Spiritual Truth

You are:

- A vessel

“Let God work in and through you.”

Application

- How is God working through me?
- Am I available?

Sticky Quote:

“You are a vessel for God’s work.”

Main Point 9: Your Goals Should Reflect God’s Purpose

Explanation

We set goals for:

- Success
- Achievement

Spiritual Truth

Goals should align with:

- God’s will

“Let God shape your goals.”

Application

- Are my goals aligned with God?
- What needs realignment?

Sticky Quote:

“God-centered goals bring lasting impact.”

Main Point 10: The New Year Is an Opportunity for Alignment

Explanation

A new season:

- Offers a fresh start

Spiritual Truth

You can:

- Begin again with God

“Allow God to shape your new year.”

Application

- What changes do I need to make?
- How can I start fresh?

Sticky Quote:

“New seasons invite new surrender.”

Discussion Questions

1. Where are you striving instead of trusting God?
2. What does God’s favor mean in your life?
3. What are you building that may not last?
4. How can you invite God into your daily plans?

5. What would it look like to surrender your goals to Him?

Practical Application Steps

1. Pause Daily

- Spend time with God

2. Pray Over Your Plans

- Invite God into every decision

3. Surrender Control

- Release outcomes to Him

4. Seek Alignment

- Adjust goals to reflect God's will

5. Trust the Process

- Believe God is working
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Closing Prayer

Father,
We surrender our plans to You.

Let Your favor rest on us,
and establish the work of our hands.

Help us to trust You more,
to strive less,
and to walk in Your peace.

Shape our lives,
our goals,
and our future according to Your will.

In Jesus' name, Amen.

Final Takeaway

When you stop striving and start surrendering, God takes your efforts and turns them into something lasting, meaningful, and filled with His peace and purpose.