

Lesson 1 – Sweet Surrender

"In him we were also chosen, [a] having been predestined according to the plan of him who works out everything in conformity with the purpose of his will." ~ Ephesians 1:11

Session Goal: To understand how godly grit begins by fully surrendering to His will.

1. What does "surrender" have to do with "grit"?

- A. Surrender is **powerful**.
- B. Surrender changes every **dynamic**.
- C. Surrender is not the same as **defeat**.
- D. Surrender acknowledges that God's the winner **every time anyway**.

Biblical Grit is the ability to persevere in pursuing a future goal over a long period of time and not giving up. Grit is living a life like it's a marathon, not a spring. Angela Duckworth

2. Biblical Grit= Perseverance + Endurance

- A. **Perseverance** is doing something despite difficulty or delay in achieving success.
- B. **Endurance** is the determination to keep moving forward toward your desired goals despite external challenges or internal weariness.

"Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. 25 For whoever wants to save their life[a] will lose it, but whoever loses their life for me will find it. 26 What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? 27 For the

Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done.” ~ Matthew 16:24-27

3. Take Up Your Cross

- A. Jesus tells his disciples that they must **deny themselves** and must take up their crosses and **follow Him**.
- B. Basically, this command is saying to **resist** doing what you want over what God asks, demands or wills.
- C. For Christ, the cross was His most **vulnerable and painful moment**.
- D. The cross is where Jesus was **most exposed**.
- E. Jesus asks us to “take up your’ cross and acknowledge our own **vulnerabilities**, **fears** and **weaknesses** and willingly expose them as evidence that we are following him.

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Humble yourselves before the Lord, and he will lift you up. James 4:7, 10

4. Submission

- A. On their way to the Promised Land, the Israelites wandered in the desert for forty years because of their **reluctance to fully submit** and surrender to God.
- B. We can learn from their story that there is a **price to be paid** when we **fail to submit**.
- C. James told followers to resist the devil (avoid sin) and **purify** your hearts (repentance).
- D. Repentance means a deep commitment to **change your future actions or mindset**.
- E. Never forget that Satan has an **agenda** for our lives.

“But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go, I will go, and where you stay, I will stay. Your people will be my people and your God my God. 17 Where you die, I will die, and there I will be buried. May the LORD deal with me, be it ever so severely, if even death separates you and me.” 18 When Naomi realized that Ruth was determined to go with her, she stopped urging her.” ~ Ruth 1:16-18

5. Surrender

- A. Ruth surrendered what was **comfortable and familiar** to do what was right.
- B. Ruth’s **gritty determination** to stay by Naomi’s side reflected the depth of her character and loyalty.
- C. It’s tempting for us to excuse **“bad”** behavior when we’re going through a painful experience.
- D. In Ruth’s vulnerability and emotional pain, **she didn’t lash out**, instead she chose to do the more difficult thing-to surrender her will in order to do what was right.
- E. Jesus’ sacrifice is the **greatest act of surrender** in all of history.