

SURRENDERED

PATIENT

TEMPTED

6 WEEKS

# Been There

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

HEBREWS 4:15 NIV

HURT

UNSEEN

DENIED

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Whatever hurt you have experienced,  
Jesus has been there.  
Have you ever been hurt by a friend?  
*Jesus has.*  
Maybe you feel like God isn't listening?  
*Jesus knows what that is like.*  
No matter what you are facing, Jesus  
understands because  
*He's been there.*

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## STOP CONTROLLING THAT

### SMALL GROUP STUDY

#### Kicking It Off:

Do you have any favorite Easter memories or traditions?

#### Big Idea:

Jesus doesn't call us to a life of comfort and ease, but a life of sacrifice and surrender.

#### Key Scriptures:

Hebrews 4:15-16

*For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

Matthew 10:39 NLT

*If you cling to your life, you will lose it; but if you give up your life for me, you will find it.*

#### Discussion:

1. Which part of this message was most impactful for you and why?
2. Read Matthew 10:39. What do you think it means to "lose your life"? How could "losing" your life help you find it?
3. How easy or difficult is it for you to surrender to God?
4. Is there something in your life that you're trying to control that God wants you to surrender? What's one step you could take to surrender to Him this week?

#### Group Prayer:

*Father, thank You for Your Son. By going to the cross to die for our sins, Jesus showed us what it looks like to surrender our lives to You. Please show us where we're trying to control our lives and help us to trust You with these things instead. We want to live fully surrendered to You. In Jesus' name, amen.*

## **This Week:**

When you notice yourself trying to control this week, pause and find a way to surrender instead. Note how you feel about surrendering after and come prepared to share with your group next week.

## **Memory Verse:**

Proverbs 3:5-6

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

## **Prayer Focus:**

Pray for the parenting class that is happening at Sunnybrook. Pray that families would learn practical ways to disciple their kids through showing them the love of Jesus and teaching them more about God.

**SURRENDERED**





# Week 2

## WHY IS GOD SO SLOW?



## SMALL GROUP STUDY

### Following Up:

What did you choose to surrender when fighting for control last week? How did it go?

### Kicking It Off:

How easy or difficult is it for you to wait?

### Big Idea:

While you are waiting, God is working. Just because God feels silent, that does not mean He is absent.

### Key Scriptures:

John 2:3-4 NLT

*The wine supply ran out during the festivities, so Jesus' mother told him, "They have no more wine." "Dear woman, that's not our problem," Jesus replied. "My time has not yet come."*

Isaiah 64:4 NLT

*For since the world began, no ear has heard and no eye has seen a God like you, who works for those who wait for him!*

## Discussion:

1. What are some things that you do when you're waiting?
2. Read Isaiah 64:4. How does it feel to know that God is working while you're waiting?
3. Share about a time when God answered a prayer you had been waiting on. How did this experience impact your relationship with God?
4. Talk about something you're waiting for right now. What are you doing to grow closer to God as you're waiting for Him to answer?

## Group Prayer:

Father, You are always on time, even when it feels like You're behind or late. Thank You for faithfully showing up and giving us what we need, when we need it. Please show us how we can seek You in the waiting. In Jesus' name, amen.

## This Week:

If you notice yourself trying to move faster than God's pace this week, pause. Surrender it. Pray for peace with His plan and His timing. Recognize any patterns of when you feel rushed or anxious and come ready to share next week.

## Memory Verse:

2 Peter 3:9

*The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

## Prayer Focus:

Pray for those attending our membership class and joining the Sunnybrook family.

## SMALL GROUP STUDY

### Following Up:

When did you feel as though you were moving faster than or were frustrated with God's pace last week? How did recognizing it and surrendering your own plans change your perspective?

### Kicking It Off:

What does the word "temptation" mean to you?

### Big Idea:

Temptation is anything that promises satisfaction at the cost of your obedience to God.

## Week 3

### WHEN THE URGE IS TOO STRONG

TEMPTED





## Key Scriptures:

Matthew 4:1-3 NLT

*Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."*

Hebrews 4:15 CEV

*Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin!*

## Discussion:

1. What are some differences between being "tested" by God and being "tempted" by the enemy?
2. Read Matthew 4:1-3. How does it feel knowing that Jesus understands what it's like to be tempted?
3. Share about a time when you were tempted and God gave you a way out. What did you learn through that experience?
4. Is there a recurring temptation in your life that you need to start fighting? How could you improve that temptation?

## Group Prayer:

Father, thank You for sending us Your Son. We know He understands what it's like to be tempted. When we experience temptations this week, please help us to turn from them and toward You instead. We believe that You might test us, but You'll never be the source of temptation. Help us to honor You. In Jesus' name, amen.

## This Week:

Decide how you will resist temptation this week. It likely won't go perfectly but be prepared to talk about it with your group next week. If your group is co-ed, please look at the tip at the beginning of Week 4.

## Memory Verse:

Matthew 4:10

*..."Worship the Lord your God, and serve Him only."*

## Prayer Focus:

Pray for the first Sunnybrook Sisterhood Night. Pray that women would feel seen and connected, recognizing their worth and identity in Christ.

## SMALL GROUP STUDY **Key Scriptures:**

### **Tip For This Week:**

If your group is co-ed, consider splitting guys and girls into separate groups to create a safe space for everyone to share.

Remember that your role as a leader and as a group is to listen with empathy, offer support and care, and always point people back to our true source of hope: Jesus. If you need additional resources, you can reference our conversation guide about abuse for further support.

### **Following Up:**

Revisit how you had decided to resist temptation this past week. How did it go?

### **Kicking It Off:**

When you think about a safe space to talk about hard things, what does that safe space look like?

### **Big Idea:**

You can't heal and hurt at the same time. Your prayer for others may or may not change them, but it will always change you.

Matthew 27:26-31

*Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified. Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him, and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.*

Isaiah 53:4-5

*Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*

## Discussion:

1. Practically, what does treating someone with care and respect look like?
2. Read Isaiah 53:4-5. What stands out to you in this passage? How does it impact the way you view Jesus?
3. Have you, a family member, or a friend experienced abuse or other hurts that you need to process? Spend time listening to and caring for one another.
4. Talk about some ways you can find healing. How would your life look different if you started to forgive people who have hurt you?

## Group Prayer:

*Father, thank You for being with us in every part of our lives. Please help us to be honest about any abuse or hurts we've experienced so we can find healing. Thank You for showing us what forgiveness looks like, even when it's hard. Help us as we choose freedom and healing. In Jesus' name, amen.*

## This Week:

Spend time praying each day this week for healing for yourself and those in your group.

## Memory Verse:

Ephesians 4:32 NLT  
*... be kind to each other... forgiving one another, just as God through Christ has forgiven you.*

## Prayer Focus:

Pray for our Widows with Kids group- a support group dedicated to helping widows who are currently raising children.

# Week 4

## WHEN THE PAST HURTS STILL HURT



## SMALL GROUP STUDY

### Kicking It Off:

What are some ways you enjoy being appreciated?

### Big Idea:

What is unseen by people is often what is most significant to God. He is El-Roi the God who sees.

### Key Scriptures:

Luke 17:12-17 NLT

*As he entered a village there, ten men with leprosy stood at a distance, crying out, "Jesus, Master, have mercy on us!" He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy. One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, "Didn't I heal ten men? Where are the other nine?"*

Hebrews 6:10-11

*God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. We want each of you to show this same diligence to the very end, so that what you hope for may be fully realized.*

### Discussion:

1. What are some things you do consistently for the people around you? How appreciated do you feel for what you do?
2. Read Hebrews 6:10-11. What stands out to you from this passage? How does it feel to know that God sees the valuable work you're doing, even if you feel underappreciated?
3. Talk about some ways you find your worth and value. Who does God say you are, and how does this impact the way you view yourself?
4. Share about a time when you felt truly appreciated. What was that experienced like, and what did you learn about the value of appreciating others?



## Group Prayer:

*Father, thank You for the work  
You're doing in our lives, even if  
we don't fully see or understand.  
Please show us ways we can  
appreciate the people in our  
lives this week. We thank  
You that You see us and the  
significant work we're doing.  
Remind us to do it all for Your  
glory. In Jesus' name, amen.*

## This Week:

Is there someone in your life  
who you need to appreciate?  
Do something for them this  
week and come ready to share  
about it with your group next  
week.

## Memory Verse:

Hebrews 6:10

*God is not unjust; he will not  
forget your work and the love  
you have shown him as you have  
helped his people and continue  
to help them.*

## Prayer Focus:

Pray for our Skill School  
volunteers who are registering  
to help this summer. Pray that  
each volunteer, whether a clinic  
leader, buddy, or bus driver, be  
excited to share about Jesus  
with the kids.

**WHEN THEY TAKE YOU  
FOR GRANTED**



**UNSEEN**

# The Week Before



## SMALL GROUP STUDY    **Key Scriptures:**

### **Following Up:**

How did it go showing appreciation for someone in your life who needed it?

### **Kicking It Off:**

What was something you persevered through this week?

### **Big Idea:**

The very discomfort that we feel may be what shapes us into who God wants us to be.

Mark 14:36 NLT

*"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."*

Matthew 16:15-18

*"But what about you?" he asked. "Who do you say I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it."*

## Discussion:

1. Read Matthew 16:15-18. What stands out to you about this scripture? How would you describe Jesus if you were asked who He is?
2. Is it easy or difficult for you to persevere? What is your mindset like when you think about quitting?
3. Share about a time when it would have been easy for you to quit or give up. What did you learn—about yourself and God—as you continued to persevere?
4. Is God calling you to persevere in an area of your life right now, even though it's difficult? Talk about this experience with others.

## Group Prayer:

*Father, thank You for Your love, Your forgiveness, and Your encouragement. Please show us the areas in our lives where we need to persevere and help us to keep going. We want to honor You with everything we have. We won't give up. In Jesus' name, amen.*

## This Week:

If you notice yourself wanting to quit this week, remember that most things worth doing will be hard. So pause, talk to God, and reach out to your group for encouragement.

## Memory Verse:

Galatians 6:9

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

## Prayer Focus:

Pray for Easter preparations at the Tyson Events Center this week. Pray that the service would go smoothly, people would hear and receive the Gospel, and that we are safely able to gather together to celebrate the resurrection all together.

# Week 6

## READY TO QUIT

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**DENIED**

Notes: \_\_\_\_\_



Notes: \_\_\_\_\_

# Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
  - Take time to prepare.
  - Make sure to give a warm enthusiastic greeting to each person.
  - Verbally communicate the environment that you hope to create.
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
  - What is the purpose of our group?
  - What is the vision for our group?
  - What are your expectations?
  - What do you hope to gain from this group experience?
  - What are some things we value as a group?
  - What are some healthy guidelines we need to have in place?

Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
  - Truth and grace/Bible study and life
  - Encouraging and challenging one another
  - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

# Group Agreement

## OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: \_\_\_\_\_

## OUR VALUES

**Group Attendance:** To give priority to the group meeting. We will call or email if we will be late or absent.

**Safe Environment:** To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

**Respect Differences:** To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

**Confidentiality:** To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

**Encouragement for Growth:** To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

**Welcome for Newcomers:** To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

**Shared Ownership:** To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

**Rotating Hosts/Leaders and Homes:** To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

## OUR EXPECTATIONS

- Refreshments/mealtimes \_\_\_\_\_
- Childcare \_\_\_\_\_
- When we will meet (day of week) \_\_\_\_\_
- Where we will meet (place) \_\_\_\_\_
- We will begin at (time) \_\_\_\_\_ and end at \_\_\_\_\_
- We will do our best to have some or all of us attend a worship service together.
- Our primary worship service time will be \_\_\_\_\_
- Date of this agreement \_\_\_\_\_
- Date we will review this agreement again \_\_\_\_\_
- Who (other than the leader) will review this agreement at the end of this study \_\_\_\_\_



**SUNNYBROOK**  
community church

5601 Sunnybrook Drive  
Sioux City, Iowa 51106  
[www.sunnybrookchurch.org](http://www.sunnybrookchurch.org)