

## Surrendering What We Hide:

### What's God Revealing Beneath the Surface? Sunday, January 11, 2026

Chriss Sopke Sr.

Are We Really Ready for More? 2

Psalms 139:23–24; Proverbs 20:27; Hebrews 4:12–13; Proverbs 4:23;  
Luke 6:45; Psalm 46:10; 1 John 1:9; Proverbs 3:5

#### DISCOVER (Message Notes)

##### INTRODUCTION

- Things \_\_\_\_\_ When We Slow Down
- Who's Really in \_\_\_\_\_? (Recap)
- Fasting Has a Way of Bringing the Heart to the \_\_\_\_\_
- God's Goal Is Revelation, Not \_\_\_\_\_
- \_\_\_\_\_ Is Where Surrender Goes Deeper

##### 1. GOD SEARCHES THE HEART TO \_\_\_\_\_, NOT TO SHAME

- God's Searching Is an \_\_\_\_\_, Not an Accusation
- Exposure Is About \_\_\_\_\_, Not Condemnation
- God Always Reveals with the \_\_\_\_\_ in Mind

##### 2. HIDDEN PLACES DON'T STAY \_\_\_\_\_

- What Goes Unaddressed Begins to Influence \_\_\_\_\_
- What's \_\_\_\_\_ Always Finds Its Way Out
- Hiding Doesn't Start Out as Rebellion, It Starts Out as \_\_\_\_\_

##### 3. SURRENDER REQUIRES US TO STAY OPEN TO GOD

- Staying Open to God Begins With \_\_\_\_\_
- Openness Is What Allows Honest \_\_\_\_\_
- Staying Open Requires Trust Over \_\_\_\_\_

#### TAKING THE BROWNIES OUT OF THE OVEN

- To Those Who Are Already Fasting... Stay Faithful
- To Those Who Haven't Started Yet... The Invitation Is Still Open
- 21 Days with Jesus: A Guided Plan for Prayer and Fasting
- The Invitation Is the Same for All of Us

#### RESPOND: If you're ready to take a step, start here

- \_\_\_\_\_ God is revealing something beneath the surface of my heart, and I'm choosing to stay open to Him
- \_\_\_\_\_ I recognize where control has begun replacing reliance on God, and I'm surrendering that area back to Him
- \_\_\_\_\_ God is inviting me to repentance, and I'm agreeing with Him about what needs realignment.
- \_\_\_\_\_ I'm ready to place my life more fully under Jesus' leadership and follow Him with openness and obedience

#### GROW: Going Deeper for Personal Study and Application

- **Reflect:** Take time this week to sit with these questions slowly. Don't rush to answer them. Let God surface what He wants to surface. 1. Where have I started closing off instead of staying open with God? 2. What has God been gently bringing to the surface during this season? 3. Where has control quietly replaced reliance on Him?
- **Read & Pray:** Read [Psalm 139:23–24](#), [Proverbs 4:23](#), and [Proverbs 3:5–6](#) slowly over the next few days. As you read, resist the urge to fix or explain anything. Simply ask God to search your heart and show you what He wants to lead you through.
- **Practice Staying Open:** As you continue this fast, choose one moment each day to pause and listen. This may be during a skipped meal, a quiet morning, or an intentional break in your routine. Use that moment to ask one simple question: "God, what are You trying to show me right now?"