

# Wounds To Worship

## Surrender (Week 1)

LifeNotes

### TALK IT OVER

#### Main Idea

**Our wounds become worship when we acknowledge the pain, and surrender the hurt.**

#### Key Scriptures

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship. Job 1:20 NIV

But as for me, afflicted and in pain—may your salvation, God, protect me. I will praise God's name in song and glorify him with thanksgiving. Psalm 69:29-30

**We deepen our wounds when we choose not to surrender them.**

#### Closing prayer

Jesus help me. Help release the wounds I have been clinging to for so long. Help me surrender them to you. Please Lord meet me in my fear and hurt and help me to draw close to you. I praise you and worship you for you are good, kind, and holy. I trust you with the unknown of my future.

#### Start talking

- How is surrender sometimes terrifying?
- Why do we sometimes cling tighter to the very things that cause us pain?
- What are examples of pains people cling to?

#### Start thinking

- What jumped out at you from Jordan's story?
- How is freedom found in surrender?
- Read Job 1:13-22. What wounds did Job experience that day?
- What did tearing his robe and shaving his head represent?
- What different ways could Job have responded?
- Why did he choose to worship?

#### Start sharing

- Describe a time when a wound has literally left you weak in the knees?
- How have your wounds kept you from worship?
- How can we both hold our hurts and pains in balance while also choosing to worship?

#### Start doing

- What are some of the wounds you continue to cling to?
- What could you gain by surrendering them to God?
- What practical step will you take this week toward surrender and worship?