

BREATHING UNDER WATER: WE JOURNEY TOGETHER

Step 3: Letting go of control

KEY IDEA: We are not saved by trying harder, but by letting go.

Week three of *Breathing Under Water* brings us to the third step and a new conversation, on “surrender.” It’s not about giving up, nor giving in, but loosening our grip enough to trust that God is already at work within us. In your journal, around your kitchen, dining, study, family tables or with friends, you’re encouraged to examine the idea of letting go. If you are a parent, you may want to revise the questions to be age appropriate.

Below are three questions to consider and discuss:

1. Surrendering to find liberation and wholeness may feel counterintuitive. What impressions come to your mind when you think of “surrender.” From your experience, what does our society tell us about surrender? What does the Bible say?
2. Psychologists often note that “what we resist, persists.” What are one or two things in your life that you’re resisting? How does your resistance relate, for good or ill, to your faith journey?
3. The meaning and implications of turning one’s life over to God can differ with every person. Have you had this experience? What resulted from your surrender? If you’ve not renounced or relinquished control of your life to God, what may be stopping you?

Surrender is different when you're giving yourself over to unconditional love and mercy. Have you ever experienced unconditional love from someone? What was that experience like? Did it change you in any way? What does it mean to you that God loves you unconditionally?



At Faith United Methodist Church, we are a people held together by grace. As an act of surrender, be vulnerable and share a story of how God is present in your life with someone who might need to hear about the promise of unconditional love.



FROM AGE TO AGE: Sharing Intergenerationally

Be a FROG: Fully Rely on God

Surrender can be a heavy topic to talk about with children. You might frame it as trusting that God has a good plan, rather than giving up.

One illustration that might be helpful to explore and act out together is clenching your hands, holding on tight to something, and then opening your hands to let go. Surrender is letting go of our worries, so that God can fill our hands, and our lives, with good things.



It's often best with ideas like surrender to start small. What's one concern or fear that feels heavy that you might let God carry for you? Over time, begin a two-way conversation of prayer asking God to be with you.

DESIGN A RITUAL

Rituals are outward signs of the inward moving of the Spirit. This week, design a simple, personalized ritual to help you experience surrender.

You may want to place yourself under a pile of blankets and throw them off with a liberating motion; or toss back your head and lift your hands high into the air, toward the heavens, in a motion of trust and praise; or write out a thought of something you'd like to get rid of and set it safely aflame or immerse it in water so that the ink runs and dissolves. Personalize your ritual of surrender and punctuate it with prayer.

TO LEARN MORE ABOUT THE *BREATHING UNDER WATER* SERIES AND TO ACCESS MORE RESOURCES SCAN THE QR CODE.

