

Series: Rest

Message Title: Victory is in Surrender to God

Speaker: Pastor DJ

Date: 8/24/25

Philippians 4:4-7

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Study Questions-

#1. Main question for our Rest series- **“How is God inviting you to experience His love in or while resting?”** An example from Pastor DJ’s life God is inviting him to apply the above Scripture to “not be anxious about anything” (broken appliances, tax issues, relational challenges, etc.) keep him from growing in intimacy with Jesus “prayer and petition, with thanksgiving, present your requests to God.”

5 ideas DJ provided in today’s sermon:

- 1. Practice Sabbath (weekly basis)
- 2. Find peace for your soul in Christ
- 3. Begin to pray about “everything” (Journaling, etc.)
- 4. Practice *the pause* and listen to the Holy Spirit (Daily Office)

Consider taking EHS this fall Oct. 1st – Nov. 19th

- 5. Make surrender the posture of your heart

#2. Our spiritual victory is found in surrender to God. Can you think of examples from the Bible where this is true?

3 examples were given in today’s sermon:

1. Moses & Hebrews leaving Egypt (Exodus 14:13-14)
2. King Jehosaphat & Judah (2 Chronicles 20:1-30)
3. Mary (Luke 1:26-38)

#3. Where in your life do you need to **practice surrender**, *trust in God*, to experience God’s victory?

#4. How can having better patterns of rest help you (& others) surrender things over to God quicker and more frequently?

#5. Please always leave time to pray with others before you conclude your time together.