

# Surrender and Trust

**Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.** *Proverbs 3:5-6*

Teaching teens to surrender and trust God is a beautiful journey of faith, which encourages them to release their worries and fears into God's hands. Share your own experiences of trusting God's plan and let them see your own surrender. Be patient when answering their questions and understanding of their doubts—these are all steps in building a relationship with God. Your love, wisdom, and faith will be a great teacher in this lifelong journey. Trust that the Holy Spirit is at work in this process.

## ➤ conversation starter

I've found that surrendering to God often involves letting go of things we can't control. Can you think of a time when you've felt like you needed to surrender a worry or fear to God? How did it make you feel?

Trusting God can sometimes feel like a leap of faith. Is there something in your life right now that you're struggling to fully trust God with? Let's talk about it, and maybe we can explore how surrendering that concern can bring peace.

## ➤ navigating the conversation:

- **Choose the Right Time:** Find a quiet and comfortable time to have this conversation when you and your teens can give it your full attention. Trying to teach this concept when they are upset can cause added stress.
- **Ask Open-Ended Questions:** Encourage deeper thinking with questions like, "How do you define surrender in your own life?" or "What are some ways you've experienced God's trustworthiness?"
- **Look at Scripture Together:**
  - **Psalm 55:22:** Talk about casting burdens on the Lord and the assurance of His care.
  - **Isaiah 41:10:** Discuss the promise of God's presence and help during times of fear and uncertainty.
  - **Matthew 6:25-34:** Discuss how these verses emphasize the importance of trusting God for your daily needs and not worrying about the future.
  - **Philippians 4:6-7:** Explore the idea of surrendering worries through prayer and finding peace in God's presence.
- **Defining Surrender:** Ask teens what surrender means to them in the context of their faith. Discuss how it can involve letting go of control and placing their trust in God.
- **Trust in God's Plan:** Explore the concept of trusting in God's plan even when we don't have all the answers. Share examples of times when trust led to positive outcomes.
- **Dealing with Doubts:** Acknowledge that doubts are a natural part of faith. Discuss how doubt can be an opportunity for growth and deeper understanding.
- **Finding Peace:** Talk about the peace that can come from surrender and trust in God, and how it can positively impact mental and emotional well-being.

