

- The **discipline** of prayer prepares us to face life's hardest moments with obedience and courage.

10 But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God. Daniel 6:10

- Praying to God postures us towards a lifestyle of **surrender** to God.

What is surrender:

- Surrender means making Jesus **Lord** of **every** area of your life.
- Surrender is establishing God as the ultimate **authority** of our lives.

16 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. 17 God uses it to prepare and equip his people to do every good work. 2 Timothy 3:16-17

11 I have hidden your word in my heart, that I might not sin against you. Psalm 119:11

- Surrender means choosing a **new direction** in life.

20 My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. Galatians 2:20

- Surrender means **releasing** what you can't control.

36 Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." 37 He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. 38 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." Matthew 26:26-38

The prayer of surrender:

- Acknowledges that without God we are **helpless** in the struggle we're in.

5 Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. 2 Corinthians 3:5

Action step:

- When you are **overwhelmed**, go to God.

39 He went on a little farther and bowed with his face to the ground, praying, "My Father!… Matthew 26:39a

- Brings us **close** to God.

Action Step:

- Establish a daily, undistracted **15 minute** appointment with God this week.

39 He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me…." Matthew 26:39

- Brings our whole **burden** to our Father.

Action Step:

Write down the one **burden** you have been trying hardest to control.

39 He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." 40 Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? 41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" 42 Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, your will be done." 43 When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. 44 So he went to pray a third time, saying the same things again. Matthew 26:39–44

- Chooses the Father's **will** over our own.

Action Step:

Identify one area where your **preference** is resisting God's Word, and take one step of obedience within the next twenty-four hours.

45 Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners. 46 Up, let's be going. Look, my betrayer is here!" Matthew 26:45-46

- Enables us to walk in **obedience**.

Action Step:

Take the next **obedient step** you already know God is asking you to take.

VISION:

TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain.
- Daniel prayed as usual, even when it became dangerous. What habits help you stay faithful under pressure?
- What might a regular prayer life reveal about what—or whom—we trust?
- What area of life is hardest for you to place under Jesus' lordship? Why?
- How can Scripture challenge or reshape the way you make decisions?
- Galatians 2:20 describes a new life centered on Christ. What might that look like in an ordinary week?
- What is the difference between surrendering to God and giving up?
- When you feel overwhelmed, what tends to keep you from turning to God?
- How does admitting our need for God change the way we face a struggle?
- What could help you protect a daily, undistracted 15-minute time with God this week?
- What burden are you trying hardest to control, and what might it look like to bring it honestly to God?
- In Gethsemane, Jesus expressed his desire and still prayed for the Father's will. What does his example teach us about honest prayer and surrender?
- What is one obedient step you already know you need to take—and what will help you take it within the next 24 hours?

For more Talks, visit us at:
fresnoquest.com

Opportunities to experience community:

THE Quest CHURCH EST. 2004

Doing life together

Today's Talk..



The Prayer of Surrender

fresnoquest.com

Scan this QR code to connect with us, discover your "Next Steps, give online and much more.

Sunday, November 15th, 2026