

“Be Still: Surrender”

Growth Group Guide

February 8, 2026

WELCOME *(Connecting with each other)*



In our Be Still series, we have learned being still is to listen, watch, wait, meditate (Selah: pause, think calmly with God), rest, and now surrender. Looking at the picture to the right, do you think it fits the idea of a resting surrender from Psalm 37? Why or why not? If you were to create your own meme or thought-provoking picture about being still, rested, and surrendered as God’s kid, even with the crazy, chaotic world, what would it be?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer together, inviting the Spirit to teach and encourage each heart as we talk about surrender today. Give thanks to God for His abundantly good care and keeping...for handling all the things in our lives no matter how it appears.

Ephesians 1:16-19 (PHILLIPS). I thank God continually for you and I never give up praying for you; and this is my prayer. That God, the God of our Lord Jesus Christ and the all-glorious Father, will give you spiritual wisdom and the insight to know more of him: that you may receive that inner illumination of the spirit which will make you realize how great is the hope to which he is calling you—the magnificence and splendor of the inheritance promised to Christians—and how tremendous is the power available to us who believe in God.

WORD *(Letting God speak to us)*

1. In Psalm 37, David wrestles out why it seems God’s people suffer while His enemies appear to prosper. And, why it appears God is doing nothing about it. Has this been something you, or someone you know, has struggled with? Is there a particular issue in your world that stirs up this frustration for you or them?
2. **Read Psalm 37:7 (ESV).** This is our “be still” verse and helps us understand David’s frame of mind through all of Psalm 37. The idea of the Hebrew word which is translated “be still,” means a calm surrender to God, a calm giving of ourselves to Him. How is this similar or different from your current understanding of surrender?
3. We surrender ourselves to God for His care and keeping, knowing He has our best interests at heart and is best suited to oversee every aspect of our life. His responsibility is everything around us and ours is

to depend on Him. How does knowing this build confidence that you can be still when life around you can look completely out of control?

4. **Read Psalm 37:1-11 (ESV).** In these verses, what qualities and benefits does a surrendered person have? What is God like here?
5. In v4, the word “delight” has a root that means “brought up in luxury, to be pampered.” How does this change the way you view this verse?
6. **Read Psalm 27:12-20 (ESV).** How does God protect the surrendered in these verses? What qualities of the wicked do you find, and how is God handling them. Is this a comfort?
7. **Read Psalm 37:21-31 (ESV).** How does God bless the surrendered, the righteous in this section of verses? How does the existence of the wicked differ from those who are God’s?
8. **Read Psalm 37:32-40 (ESV).** What futures await the surrendered and the wicked? What does this say about God’s character? What additional qualities of God does David share in these verses?
9. What from this Psalm encourages you that you can be still by surrendering yourself to God for His care and keeping?
10. What in this Psalm gives you confidence to know that God is handling the situations in and around you, no matter how they may look and even if it looks like He’s doing nothing?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to surrender ourselves to God for His care and keeping, trusting He is handling things no matter how they may appear.** This is a good week to take an assessment of where your heart is concerning surrendering yourself to God or where it is if you’ve surrendered already. You may find negative or positive thoughts arise. Either way, meditate on Psalm 37 this week. What jumps out to you as you consider your own thoughts about surrender? Talk to God about it, give Him permission to continue to grow you up in Him, and thank Him for the abundant good He is working for you.

WORLD *(Embracing God’s heart for others)*

Ridgeview Elementary, our adopted school, and other schools in our district as well, allow Child Evangelism Fellowship (CEF) to teach Bible Classes to students who sign up for their program. This year both Ridgeview and Thurston Elementary were struggling in different ways to get the classes going. God answered prayers for both schools when CEF got a call from a parent at Thurston Elementary who wanted her child to attend a class. No class is currently taught at Thurston, so she was offered the option of taking her child to the class at Ridgeview. Now they have six children from Thurston Elementary joining the Ridgeview program! Pray that CEF has good success reaching the students in our districts, for more teachers and helpers (including teenagers), and for the kids right here in our neighborhood from Ridgeview and Thurston Elementary to grow a deep love of Jesus and His word.

[Copies of this Guide are available at <https://thurston.church/resources>]