

Small Group Lesson for March 28, 2010  
Bii Fit: SUBMISSION

Think about "Prepare for the Word" and **Do "In the Word" before your group meets** so that you have optimum time for discussion on the first and third section during your group meeting.

**Prepare for the Word** (Leaders, take about 15 minutes for this section.)

What do you feel when you hear "the Discipline of Submission"?

When have you heard the word submission used? ...as a good thing? ....as a bad thing?

What value does our society place on submission?

**In the Word** (This section is *to be done before group*, to allow optimum time for discussion of Apply the World. It does not have to be discussed in group unless help is needed or questions are asked.)

Jesus' knowledge and assurance of His Father's love enabled Him to serve people and ultimately demonstrate the greatest form of submission – His death on the cross. The cross has since become the symbol of both submission and freedom to Christians around the world. Submission is about our recognition that we need God, our realistic evaluation of our abilities, and our humble willingness to serve.

Read 1 Peter 5:1-7. How does submission to God bring us freedom?

Have you thought about this concept before, that is, that submission is a way to freedom?

List three of your strengths and three of your weaknesses.

<u>Strengths</u>	<u>Weaknesses</u>
1.	1.
2.	2.
3.	3.

How are you using your strengths to serve God?

How are you planning to develop strength from your weakness?

**Apply the Word** (Leaders, This is the main part of the lesson for group discussion. Allow 30 - 45 minutes, plus at least 15 minutes for prayer.)

Look up the following Scriptures and come to an understanding of what a life of submission looks like for you through these principles:

Psalm 40:6-9	Micah 6:6-8
Matthew 16:21-28	John 14:15-21
Ephesians 5:21	Philippians 2:1-8
James 4:1-12	1 Peter 1:13-16; 2:13-18; 3:1

Notes:

How can we keep a balance between cultivating a submissive, humble attitude, and recognizing our priceless value in God's sight? Why is it so important to keep that balance?

How do you plan to demonstrate a healthy spirit of submission this week in your relationships with others?

Consider your relationship with God. Are there areas in your life that you have not yet submitted to Him?

Do you recognize your need for God, especially in areas where you are successful? If so, thank God for it. If not, ask God to give you a greater awareness of your need for Him in your life.

Next week's lesson is "Celebration". The group lesson will be short to allow you to plan a celebration with your group.

How can we pray for you?