

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 5: SURRENDER: The Path To Peace

PARTS 1-2

### REVIEW

#### IN SHOCK

- Cry out to God
- Let others help me

#### IN SORROW

- You go through it, not around it
- List the losses I've never grieved
- Identify what I've really lost
- Ask Jesus to heal my broken heart

#### IN STRUGGLE

- Learn to lament in the Biblical way
  - Complain: Tell God what I think is unfair or painful
  - Appeal to God's nature
  - Remind God of what he has said (promises)
  - Express my total trust in God

*"Everything written in the Scriptures was written to teach us,  
in order that we might have hope..."*

ROM.15:4 (TEV)

#### SURRENDER

David's Loss of a Child – 2 Samuel 12:16-24

*"David begged God to spare the child. He went without food and lay all night on the bare ground. The leaders of the nation pleaded with him to get up and eat with them, but he refused. Then on the seventh day the baby died. David's advisers were afraid to tell him. 'He was so broken up about the baby being sick,' they said. 'What will he do to himself when we tell him the child is dead?' But when David saw them whispering, he realized what had happened. 'Is the baby dead?' he asked. 'Yes,' they replied."*

2 SAM. 12:16-19 (NLT)

## STEPS OF SURRENDER

1.

---

*“David said, ‘I fasted and wept while the child was alive, for I thought perhaps the Lord would be gracious and let the child live. But why should I fast when he is dead? Can I bring him back again?’”*

**2 SAM. 12:22-23 (NLT)**

2.

---

*“I will go to him one day, but he cannot return to me.”*

**2 SAM. 12:23B**

3.

---

*“Then David got up from the ground, washed himself, put on lotions, and changed his clothes.”*

**2 SAM. 12:20A**

4.

---

*“Then he went to the Tabernacle and worshiped the Lord.”*

**2 SAM. 12:20B**

*“I tried to understand all this, but it was too hard for me to see until I went to the Temple of God. Then I understood...”*

**PSALM 73:16-17(NCV)**

5.

---

*“After that, he returned to the palace and ate.”*

**2 SAM. 12:20C**

6.

---

*“Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and they named him Solomon.”*

**2 SAM. 12:24**

*“We know what real love is because Christ gave up his life for us. So we also ought to give up our lives for our brothers and sisters.”*

**1 JOHN 3:16 (NLT)**

