



The Freedom of Handing It Over to God

with Peyton Wells

DISCUSSION

1. What's the biggest life change you've made of your own volition? Consider any job or career changes, shifts in relationship status, a relocation, or any time you've embarked on a new endeavor or journey. What prompted you to make the change, what doubts did you have, and what convinced you to forge ahead? *Psalm 37:23*
2. Of all the changes you've made or new journeys you've begun, have you ever felt that God was directly calling you to any of them? In what ways did that sense of calling shape the way you made your decision? *John 15:16*
3. Do you, like Peyton's mentor, make it a habit to put on "God's armor" each day before facing the world? If so, what practices help you wear that armor? If not, what spiritual rhythms could you start practicing to remind yourself of God's presence and strength? *Ephesians 6:10-18*
4. Peyton poses this question: What would your day look like if you were on a phone call with God from the moment you woke up to the minute you went to sleep at the end of the day? How would that change the way you moved through your day, and in what ways would it look different from your usual routine? *1 Thessalonians 5:17*

5. Peyton says one of the biggest causes of doubt for men of any age is that they're conditioned to believe that there might be something better out there: better material possessions, careers, relationships. Have you ever believed the lie that the "grass is greener" elsewhere? If so, did you come to regret it? Did you eventually find yourself more appreciative for what God had been providing for you all along? *James 1:17*

6. Peyton says one of the most formative Bible verses he's come to rely on since pivoting in life is Romans 8:28: "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." Have you seen proof of that truth in your own life? Or in the life of someone close to you? Explain. *Romans 8:28*

7. The idea that true freedom can be found in letting God take control may feel paradoxical. In what ways has surrendering to him made – or could make – your life feel easier, less confusing, or less stressful? And are there still areas where you find yourself trying to shape God's will around your own desires instead of surrendering to his? *Romans 12:1*

8. Another seemingly counterintuitive statement: "When I'm transparent," Peyton says, "I'm most protected." Discuss the meaning of that statement and how you could apply it to your own life. Do you feel reassurance when you share your fears and worries with those you trust? Have you ever felt like you were "alone on an island" with those fears and worries because you weren't willing to let anyone know you needed help? *Psalms 32:5*