



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 11. Embracing SURRENDER and dying to self.**

**Week 42: Let's share EXAMPLES of surrender and how that brought more freedom.**

**Video: Rudy**

[Click here to watch a video clip in our Vimeo account.](#)

**Word of the Week: Example**

**Theme verse:** *I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness.* – Romans 6:19

**Theme Quote:** “A good example has twice the value of good advice.”  
– Albert Schweitzer

**John Eldredge:** “The scripture is filled with examples of genuine masculinity; you could mine David’s story for probably a year by itself. And we have to get the masculinity of Jesus back. Not the pale-faced altar boy, but the man that made a weapon and cleared the temple, who boldly cast out demons and calmed the raging sea.”

**Questions:** Who has been a good example in your life? Are you becoming a better example for those you love? What are you doing and who are you learning from, to become a better example?

**Highlight Video: Help Me Surrender, Breakaway Worship**

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## Word of the Week: Example

### Dictionary:

*noun*

- one of a number of things, or a part of something, taken to show the character of the whole: *This painting is an example of his early work.*
- a pattern or model, as of something to be imitated or avoided: *to set a good example.*
- an instance serving for illustration; a representative case: *The case histories gave carefully detailed examples of this disease.*
- an instance illustrating a rule or method, as a mathematical problem proposed for solution.
- an instance, especially of punishment, serving as a warning to others: *Public executions were meant to be examples to the populace.*

**Quotes: “A good example has twice the value of good advice.”**

– Albert Schweitzer

**“The parent who tries to train without setting a good example is building with one hand, and pulling down with the other.”** – J. C. Ryle

**“You can share your testimony in many ways, by the words you speak, by the example you set, by the manner in which you live your life.”**

– Thomas S. Monson

**“May we be faithful followers of Christ, examples of righteousness, thus becoming lights in the world.”** – Thomas S. Monson

**“The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all others, charity.”** – Benjamin Franklin

**“The power of a good example is the greatest miracle-working power of all.”** – Wilferd Peterson

**“Tell your story: yes, tell your story! Give your example. Tell everyone that it’s possible, and other people will then have the courage to face their own mountains.”** – Paulo Coelho

### **Bible: 2 Kings 14:3-4**

He did what was right in the eyes of the Lord, but not as his father David had done. In everything he followed the **example** of his father Joash. The high places, however, were not removed; the people continued to offer sacrifices and burn incense there.

### **Ecclesiastes 9:12-13**

Moreover, no one knows when their hour will come: As fish are caught in a cruel net, or birds are taken in a snare, so people are trapped by evil times that fall unexpectedly upon them. I also saw under the sun this **example** of wisdom that greatly impressed me.

### **Ezekiel 14:7-8**

When any of the Israelites or any foreigner residing in Israel separate themselves from me and set up idols in their hearts and put a wicked stumbling block before their faces and then go to a prophet to inquire of me, I the Lord will answer them myself. I will set my face against them and make them an **example** and a byword. I will remove them from my people. Then you will know that I am the Lord.

### **John 13:14-16**

Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an **example** that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him.

### **Romans 6:19**

I am using an **example** from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness.

### **1 Corinthians 10:5-7**

Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness. Now these things occurred as **examples** to keep us from setting our hearts on evil things as they did. Do not be idolaters, as some of them were; as it is written: "The people sat down to eat and drink and got up to indulge in revelry."

### **1 Corinthians 11:1**

Follow my **example**, as I follow the **example** of Christ.

### **Ephesians 5:1-3**

Follow God's **example**, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

### **Philippians 3:17**

Join together in following my **example**, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

### **1 Timothy 1:16**

But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an **example** for those who would believe in him and receive eternal life.

### **1 Timothy 4:12**

Don't let anyone look down on you because you are young, but set an **example** for the believers in speech, in conduct, in love, in faith and in purity.

### **Titus 2:6-8**

Similarly, encourage the young men to be self-controlled. In everything set them an **example** by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

### **Hebrews 4:10-12**

For anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their **example** of disobedience.

### **1 Peter 2:21**

To this you were called, because Christ suffered for you, leaving you an **example**, that you should follow in his steps.

### **Jude 1:7**

In a similar way, Sodom and Gomorrah and the surrounding towns gave themselves up to sexual immorality and perversion. They serve as an **example** of those who suffer the punishment of eternal fire.