

# No Regrets 2026 Pre-Conference Bible Study – Surrender

This five-week devotion is designed to begin the week of January 5, with one study per week leading up to the conference on Saturday, February 7. Our theme this year is “**Surrender**”, and the theme verse is Romans 12:1:

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.”

The biblical definition of surrender involves yielding oneself to God's will and authority. It signifies a relinquishing of personal control and trusting in God's sovereignty and plan for our lives. Surrender is not about defeat; rather, it is a choice to let go of our own way, allowing God to lead us and aligning ourselves with His purpose. In short, to surrender is to accept the reality that we are not in control.

For our studies each week, we will focus on the Gospel of Mark, which could be called the “Gospel for Men,” as it is action-packed and moves quickly. The study is designed to be done individually, but can easily be used in a small-group setting as well. Each week, we have provided a passage for you to read and several questions to reflect on personally or discuss with a few other guys.

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## Week One: Fan or Follower? – Mark 1:14–20

**Read the Passage and Pray:** Mark 1:14–20

**Reflection:**

- What do you learn about Jesus from this passage?
- What do you learn about mankind from this passage?
- What is the difference between being a fan of Jesus and being a follower of Jesus?
- Someone has defined being a disciple of Jesus as someone who is *following Jesus, becoming like Jesus, and being on mission with Jesus*. How is that seen in this passage, and how are you doing in each of those areas?
- These men were willing to drop their nets, which symbolized their security and sense of significance. What might be a “net” in your life that is holding you back from full devotion to Jesus?
- What is your application for this week?
- Spend time in prayer for God to use these next five weeks to prepare you for the No Regrets Conference on February 7.

For further study on this topic, you can read *Following Christ* by Joseph Stowell.

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## **Week Two: Four of a Kind Beats a Full House – Mark 2:1–12**

**Read the Passage and Pray:** Mark 2:1–12

**Reflection:**

- What do you learn about God's nature and character from this passage?
- What do you learn about mankind from this passage?
- This is, first and foremost, a story of male friendship. What are some of the benefits of going through life with a small band of brothers?
- In this story, the man's mat is a picture of our brokenness, pain, grief, hurts, and disappointments in life. What is your mat? How could others help you with this?
- Who are some people around you that you could be a mat carrier for?
- What is your application this week?
- Spend time praying about who God wants you to invite to the conference this year.

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## **Week Three: I Have a Sinking Feeling About This – Mark 4:35–41**

**Read the Passage and Pray:** Mark 4:35–41

**Reflection:**

- What do you learn about God's nature and character from this passage?
- What do you learn about mankind from this passage?
- Name a time when you felt like the disciples who said in verse 38, "Teacher, don't you care if we drown?"
- What do we learn from this passage about how we deal with the storms in our lives?
- The disciples wanted Jesus to be a piece of cargo in the back of the boat; Jesus wanted to be the Captain of the ship. When do you tend to put Jesus in the back of your boat?
- What is your application this week?
- Spend time praying for those around you who are going through a storm right now.

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## **Week Four: Descending into Greatness – Mark 10:35–45**

**Read the Passage and Pray:** Mark 10:35–45

**Reflection:**

- What do you learn about God's nature and character from this passage?
- What do you learn about mankind from this passage?
- How is Jesus' style of leadership countercultural?
- What does servant leadership look like at home, at work, in the church, and in the community?
- How is servant leadership related to our theme of surrender?
- What is your application this week?
- Spend time praying for the speakers at this year's conference.

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## **Week Five: Where the Victory Is Won – Mark 14:32–42**

**Read the Passage and Pray:** Mark 14:32–42

**Reflection:**

- What do you learn about God's nature and character from this passage?
- What do you learn about mankind from this passage?
- How is this passage an example of ultimate surrender?
- What does it look like for you to wake up each day and say, "Father, not my will be done, but your will be done"?
- The victory on the cross was won in the garden the night before. What does that mean for us as we seek to follow Jesus?
- What is your application this week?
- Spend time praying that God would prepare your heart to hear from Him this Saturday at the conference.