

Spiritual Exercises: Submission

October 25, 2020

Pastor Theo Myer and Panel Guests

Spiritual Exercises: Practices that promote spiritual growth

Creating _____ for God's use

Submission: putting another person's _____ (mission) above our own

- Antidote to _____
- Submit to _____ (James 4:7), _____ (Romans 13:1),
_____ (1 Peter 5:5), _____ (Eph 5:21 – 6:4)

Panel Notes

Remember!

A 14-Day Schedule for the Spiritual Exercise of Submission

Each day spend about 15 minutes on this exercise. Start with prayer for God to make His words alive in your heart, then read the Bible passage slowly, twice. Write down your thoughts about the verse and then answer the journal question. Pray, "Father, how can I submit today?" Write down what comes to mind on a piece of paper and carry it with you each day.

Day	Bible	Journal Question	
1	James 4:7	Where am I most afraid to obey God?	Submit to God
2	Psalms 1:1-2	Am I looking in the Bible for how I can obey God?	
3	Romans 8:7	Am I trying to submit to God in my own strength?	
4	Luke 22:42	Why do you trust God's will over your own desires?	
5	1 Peter 5:6	How does submitting to God bring blessing?	
6	Psalms 31:5	What do you need to entrust to God?	
7		What have I learned about submitting to God this week?	
8	Eph 5:21	How can I submit to other followers of Jesus?	Submit to others
9	Hebrews 13:17	Who speaks into your life with authority?	
10	Eph 5:21-6:4	What does submission mean inside your own family?	
11	Matt 25:40	How does submission connect with meeting needs?	
12	1 Peter 2:13-15	What human authority are you resisting?	
13	Rom 13:1-2	Do you believe God holds human authorities accountable?	
14		What have I learned about submitting to others this week?	

Father, I choose today to submit my whole being to You.

I submit my mind to You,

Wanting to think on things that are pure, admirable and excellent.

I submit my ears to You,

Desiring to accept truth and ignore lies and curses from others.

I submit my eyes to You,

Asking for Your help to look only on those things which are pure.

I submit my mouth to You,

Wanting You to receive glory and wanting to build others up.

I submit my heart to You,

Knowing that it is wayward, but wanting You to make it pure and loving.

I submit my hands to You,

Hoping you can use them to serve Your kingdom and show You love.

I submit my feet to You,

Wishing to go only to those places where You send me.

My life is Yours – use it as You see fit.