

## Spiritual Discipline of the Month:

### Submission

**Submission.** The practice of submission could possibly be one of the most difficult of the spiritual disciplines to undertake. This is because the practice of submission requires us to **give way** to God and others. To do this means **letting go** of our desire to have our own way and be right (we all love to be right), while at the same time, not giving up who we are. For example, we do not submit to others at the expense of compromising our integrity, values, and what we know to be just. Submission is an inner attitude of love, respect, and service towards and for each other.

*"Submit to one another out of reverence for Christ"*  
- Ephesians 5:21 (TNIV)

When we submit, we do so to God first, and then to each other and to the authority we are under (God, family, work, school, church, state, etc). By doing so, we experience true freedom. When we do not submit to God and each other, we become hostages to our self-will, schedules, egos, etc.

### Practical Suggestions / Challenge for the Month:

- ✓ Pray about and write out one way you can practice an inner attitude of submission (remember it's about love, respect, and service towards and for each other)? \_\_\_\_\_.
- ✓ Take on the 30 day challenge given and practice submission by speaking words that are true, necessary, and honoring to others.
- ✓ List out areas of your life that you have not fully submitted to God (finances, driving in traffic, health, work, family, etc.):

\_\_\_\_\_  
Practice submitting one of these areas to God. Share the area with a friend.

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Partner with someone and help keep each other accountable.
3. It's not about perfection, it's about practice.
4. Record your progress - start a spiritual journal.
5. Have fun!

**Helpful Hints** : What area of your life or issue are you currently struggling with? How can the practice of submission help free you from the struggle? What do you need to let go of to allow yourself to do that? For example, give up being right, being in control, getting your own way?

If you have any questions or need additional help, contact us at (302)378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For additional information on Spiritual Disciplines, refer to *The Celebration of Discipline*, by Robert Forster.