

Suppression vs. Submission – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Think of a time you were obeying God out of a sense of obligation, not because you wanted to, but because you had to. What was your attitude towards God during that time? How long did your resolve last? Why were you obeying God? Write down what was wrong with your attitude and how you could have approached it differently.

Day 2

Think of something God has recently asked you to do or to give up that you have been resisting Him on. Begin to explore why you desire to do these things and write down a list of reasons you do not want to obey God in it. Then begin to spend some time praying and asking God to reveal truths that apply to this situation, preferably from the Bible. Then spend some time writing down some reasons why you want to obey God, or why God wants you to do what He is convicting you of. Write out the good points, what it will do for you, what the benefits will be from it, what needs or desires it will meet. Confront your feelings with truth, and allow God to expose your motives to you for why you really want to hold onto these things. Ask God to heal you of them and take them and change you so you give up your right to desire those things.

Day 3

Memorize

1 CORINTHIANS 13:3 (NIV)

If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Day 4

Submission is giving up your right to do the things you used to do because you now have a greater desire for God. Being willing to give them up in your heart because of your desire and need for God. As we recognize our need and desire for God, our need and desire for the things of the world that we used to cling to will begin to fade. Take time to write out some reasons that you desire more of God in your life. In what areas do you want Him to change you? What kind of a person do you want to be in ten years? What do you want your personality to look like? What kind of character traits do you want to be known for having?

Day 5

One of the great things about surrendering to God is that after we surrender something to Him, we can look back and realize that our lives have become better since we surrendered that over to Him. God always asks us to give up things so He can bless us and make our lives better and richer. It is much more important to live in peace than with lots of money, if you have to choose between the two. Think back to something you gave up in obedience to God and what He replaced it with in your life. Spend some time seeking God and asking Him if there are any areas in your life that He wants more growth.