

## Suppression vs. Submission - Lesson

**Lesson summary:** Make up your mind to submit to God in whatever He is asking of you, not because you have to, but because you trust Him and want to submit to Him.

**PSALM 119:16 (NIV)**

I delight in your decrees; I will not neglect your word.

My testimony:

I lived in repression, suppressing the evil desires I had. But after a time they would break out and I would sin because I still wanted to do them. I didn't deal with why I wanted to do them and was not honest with myself and others that I really did want to do them.

The major change in my life came when I admitted that there were reasons I wanted to do these sinful things. I began allowing God to probe my spirit, and I surrendered to Him in a genuine way.

I surrendered my right to understand and agree with what I needed to do in order to have spiritual victory in this area of my life. I gave up my belief that I could figure this out and beat it. I stopped putting very much weight in what I thought. Obviously what I thought wasn't worth enough to set me free.

It ended up looking like this: "I am willing to do anything I am told to be free of this."

### Submission

- God wants us to obey Him because we trust Him and want to obey Him.
- Giving up your right to expect to be able to do those things.
- Replacing your desire for something with your desire to be closer to God.
- Obeying God in something He has spoken to you not to do because you don't want to do anything He doesn't want you to do.
- Recognizing your need for God exceeds your need for anything else.
- Your peace with God is more important than the things He wants you to surrender.
- You want to draw closer to God more than to continue doing that thing.

### Suppression

- "I am not letting myself do what I want to do because it is sinful."
- White knuckling it and holding your breath so you won't do it again.
- Obeying because you are obligated to because you are a Christian
- Not wanting to obey God in your heart, but trying to force yourself to.

I used to think that the harder it was for me to submit to something, the more pleased God was by it. You can't sustain this, because you always end up doing what you really want to do. When you are obeying God, but you don't want to in your heart, you are right where the devil wants you. God doesn't want us to obey Him out of fear or obligation, He wants us to obey out of love for Him.