

# SESSION 5

## Submission



In this session we are looking at our final rhythm as we explore what it looks like to orient our lives around Jesus, remembering that He holds all things together, and press into a rhythm of submission.

“You’re blessed when you’re at the end of your rope.  
With less of you there is more of God and his rule.”  
Matt 5:3 MSG

### REVIVE

Breathing Prayer

‘Be still and know that I am God’ Psalm 46:10

### RELATE

- Last week we unpacked the rhythm of Wonder. Do you have any reflections as you have continued to think about this during the week?
- Is there something you have tried this week that you have found helpful?
- What does the word Submission mean to you? Does the word create any feelings in you?
- What does Submission look like in your life?

### REVIEW

Watch the video - ‘Session 5 - Submission’

### RESPOND 1

Spend a few moments being still, asking God to draw your attention to the areas of your life that you are holding tightly to – the situations that you are trying to tackle in your own strength.

Hold your fist closed as you pray and ask God to reveal to you what it is that you might be grasping – what are you holding tightly to...

... then open your hand and invite Jesus into those areas of your life, submitting to His grace and making space for His Wonder.

You might like to finish this time by saying Richard Foster’s Prayer of Relinquishment out loud together.

### REFLECT

- Was there anything that stood out to you, particularly, as you watched the Video on Submission?
- What might it look like to take a step back and make space for the wonder of God in your daily life?
- As we reach the end of our 5 week journey into exploring the rhythms of Living Well, what has stood out to you the most?
- What have you tried over the past few weeks that you want to keep doing moving forward?
- What might be some of the challenges to Living Well for you?
- What might help you to keep pressing into Living Well?

### RESPOND

What is your take home from today?  
Is there something you are going to do differently this week?  
Is there something you are going to try out?

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Living Well

# A Prayer of Relinquishment

Today, O Lord, I yield myself to you.

May your will be my delight today.

May your way have perfect sway in me.

May your love be the pattern of my living.

I surrender to you

my hopes,

my dreams,

my ambitions.

Do with them what you will, when you will, as you will.

I place into your loving care

my family,

my friends,

my future.

Care for them with a care that I can never give.

I release into your hands

my need to control,

my craving for status,

my fear of obscurity.

Eradicate the evil, purify the good, and establish your kingdom on earth.

For Jesus sake,

Amen

From the book, 'Prayers of the heart' by Richard Foster

