

SPIRITUAL PRACTICE of *submission*

I invite you into a time of reflection with God concerning a moment when you chose rebellion and how you could move towards a posture of submission.



- 1 Describe a moment when you chose rebellion rather than relationship and connection. Describe your actions and behaviors as well as your prevalent thoughts and emotions.

- 2 Look within and consider what were the motivations that drove you to rebel. Were fears or previous negative experiences encouraging you to rebel? Were you motivated by selfish ambition, vain conceit, or looking towards your own interests?

- 3 With compassion and gentleness, consider how you would respond to these motivations that drove you to rebel. If you feel comfortable, invite Jesus to share his responses.

- 4 Describe how you want to respond when you encounter this situation again or in a similar context. How would you choose to respond from a posture of submission that restores relationship?