

## DECLARATION OF SUBMISSION

Lord I **submit my emotions** to you. I feel \_\_\_\_\_ today but I choose to submit my emotions & give you glory.

Lord I **submit my mind** to you. I've been thinking about \_\_\_\_\_ but I want to submit those thoughts to you & concentrate on you.

Lord I **submit my body** to you. I've got trouble with \_\_\_\_\_, but I want to glorify you with my body.

Lord I **submit my will** to you. Your plan for my life is the most important thing and I don't want to be distracted from that. I declare to myself that **I choose** to walk in your will.

Lord I **submit my weaknesses** to you. I find \_\_\_\_\_ really hard at the moment & I call on you to help me.

Lord I **submit my strengths** to you. It's easy to get carried away thinking this is something I can do. I need you!

Holy Spirit I invite you in afresh.



**Make good tyre tracks – discipline your mind.**

## Endurance

**Even when things get tough, I won't quit. If I make a mistake, I will get back up.**



The path of purpose is usually uphill. It requires effort, commitment & perseverance to keep on towards our goal.

## Core Scriptures

- Acts 20 v 24
- 1 Corinthians 9 v 24-25
- 1 Timothy 4 v 7.-8
- Hebrews 12 v 1-13
- James 1 v12
- Revelation 3 v 10-11

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, **continue** to make your wants known to God.

And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus. **Philippians 4 v 7-8**

## Testing & Trial

- get faithful support in prayer
- seek Godly counsel (and submit to it)
- watch what you confess to yourself, even when talking about your circumstances
- put up 'no entry signs' in the mind
- ask for help with practical needs, where can the church serve you
- brief distractions (away from your circumstances) can be helpful whether practical or spiritual
- your decision to worship God, testify or pray out provokes the saints and delights heaven



If you wear the badge (it doesn't have to be a visible one!) the world expects something. We face what the world faces. They face it with their own resources; we face it with the unlimited resources of heaven ☺

## 2 Corinthians 4 v 7

If you only look at us, you might well miss the brightness. We carry this precious Message around in the unadorned clay pots of our ordinary lives. That's to prevent anyone from confusing God's incomparable power with us.

"...deny yourself, take up your cross daily & follow Him" **Luke 9 v 23**

## Mind

Would going down that line of thought hold anything good for you? Catch yourself in the act and divert:

- pray out loud
- sing a chorus
- read scripture aloud
- use tongues if you can

## Mouth

Make wise choices about what your mouth confesses to you. James 3 v 4

## Mood

Tell God how you feel & encourage yourself regardless. Psalm 42 v 5

## What is your cross?

- something that involves effort
- circumstances that weigh you down
- day to day difficulty

Let's learn how to do what Jesus said, and do what Jesus did. Pick up your cross and serve Him with all your heart. Discover what riches await you in this life...let alone the next. ☺

**Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.** James 1 v 1