

Lifegroup Session 1: Discussion 9

Spiritual Habits: Submission

Cross Culture Church

Goal: The goal of this discussion is to learn about the discipline of submission, assess submission in our lives, and look at ways to practice the discipline of submission.

Connect

1. Welcome & Introduce yourselves. Go over the outline for the night.
2. Expectations:
 - Show up. If you can't make it let us know. What you put in is what you will get out.
 - Have fun. We like to have fun, laugh, and be real!
 - We ask that what is said here stays here. We want this to be a safe place where we can be authentic and vulnerable.
 - When we are honest and vulnerable we grow.
3. Introductions (if a new person joined). Have everyone share how they got connected to the life group and CCC.
4. Big picture reminder: We are learning the Spiritual disciplines. We are learning how to go to the gym of the spirit, how to put more "tools" in our spiritual tool belt. Our goal is to grow closer to Jesus and walk in the freedom that spiritual disciplines bring.

Discussion:

1. Follow up: How did pursuing solitude and silence go? What specifically did you do? What was successful? What do you still want to do? (as the leader share a personal testimony about what you are doing to move towards solitude and silence)

New Discipline: Submission

In the Celebration of Discipline Richard J. Foster says, "The most radical social teachings of Jesus was his total reversal of the contemporary notion of greatness. Leadership is found in becoming the servant of all. Power is discovered in submission. The foremost symbol of this radical servanthood is the cross. Jesus humbled himself and became obedient unto death, even death on a cross. But note this: Christ not only died a "cross death", he lived a "cross life". The cross-life of Jesus undermined all social orders based on power and self-interest"

Discussion: In what ways did Jesus live out a "cross-life"? How did he shatter the customs and norms of the day and even our day? (meeting with children, empowering women, and the list goes on)

Have your group read: ***John 13:1-17***

Discussion: What can we learn from Jesus in this story?

Jesus immortalized the principal of the cross-life by washing the disciples feet. The cross life is a life of voluntary submission. The cross life is the life of freely accepted servanthood.

Discussion: How can we live out the cross-life in our lives? What areas do we need to surrender to the Lord? How can we have a servant's heart?

Foster says, "When we live a life of submission we can love people unconditionally. We have given up the right to demand that they return love. No longer do we feel we have to be treated in a certain way. It means you are set free from seething anger and bitterness you feel when someone doesn't act toward you the way you think they should."

Have your group read: **Mathew 5:44**

Discussion: What can we learn from this scripture? Is there bitterness in your heart towards someone? What do you need to release to Jesus?

Submission is meant to empower us with the heart of Jesus, to serve with a pure heart, and be led by the holy spirit in service.

Submission to God is number 1 and all things follow that.

There are Limits of Submission & circumstances:

Submission is not: abuse, mis-used leadership, things that directly contradict the word of God. In those circumstances boundaries are necessary.

Action: Plan a way you can serve someone this week, sign up to serve at church, bless a neighbor, and or serve someone in your family.

Prayer: Lord help us to pursue the discipline of submission. Give us your heart. Help us to live a "cross-life". Show us where we are housing bitterness. Help us release that to you. Show us how you want us to serve with a heart of gratitude and in submission to your Holy Spirit.

Reminders: Remind them when your next life group is, share any CCC updates, and invite them to invite their friends to join your group.