

Come Alive How to Love God Fully

Mark 12:29-30 ...you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

1. _____ (My will and My heart)

Romans 8:16 The Spirit himself testifies with our spirit that we are God's children.

John 5:19 The Son can do nothing by himself; he can do only what he sees his Father doing.

➤ **Problem #1:** _____

1 John 2:15 Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them.

➤ **Solution: The will of God** _____

Matthew 6:24 No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

➤ **Problem #2:** _____

Hebrews 3:15 Today when you hear his voice, don't harden your hearts as Israel did when they rebelled.

➤ **Solution:** _____

Judges 3:9 But when they cried out to the Lord, he raised up for them a deliverer...

Focused Surrender:

- **Name a specific area**
 - What areas of my life feels resistant to God's will right now?
 - What areas feel a little out of control?
 - What is becoming unmanageable?
- **Surrender it:** "I admit I am powerless over _____—that my life has become unmanageable."
- **Invite God's will and power** into that exact part of your life.
- **Ask Him to guide you** ("God, what do You want me to do here?")
- **Expect to see His grace**

God, my Father and King,

I bring my whole self before You now — open, yielded, and willing.

HEART / WILL

I surrender my will to Yours. May Your desires become my desires. I let go of the illusion of control, and I say yes to Your rule in my life. Not my will, but Yours be done — in this moment, and the next, and the next. Teach me to desire what You desire, and to will what You will.

MIND (Thoughts + Feelings)

Renew my mind, Lord. Let every thought be brought captive to Christ. Shape my imagination by Your Word, and teach me to think what is true, noble, right, pure, and lovely. I yield my emotions to You — my joy, my sorrow, my anger, my fear. May my feelings not rule me, but be ruled by Your peace.

BODY

This body is Yours — My eyes, hands, voice, energy, and strength. Let me speak only what You would speak, go only where You would lead, and do only what love requires. Let my habits become holy, my time consecrated, my actions aligned with Your purposes.

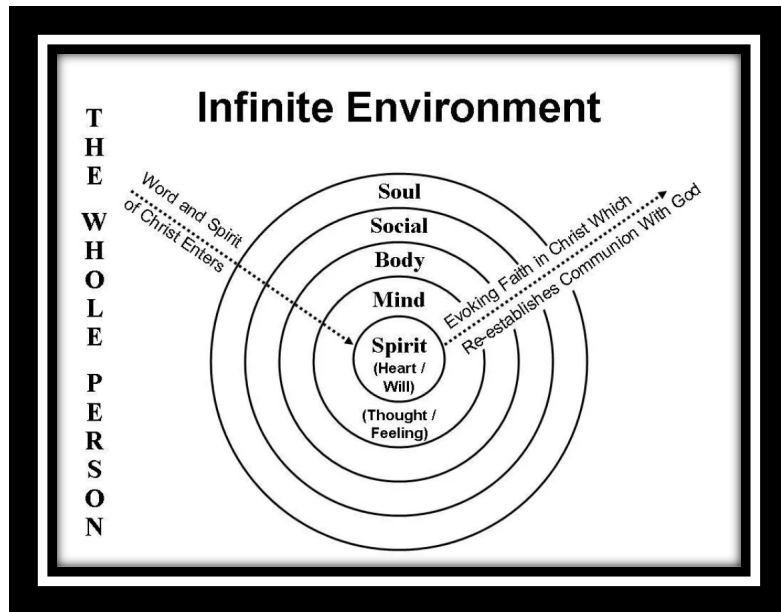
SOCIAL CONTEXT

In every relationship, Lord — make me an instrument of Your love. Free me from the need to impress, control, or win. May I forgive quickly, listen deeply, and serve joyfully. Let my presence be a blessing in my home, my work, my friendships, and even among strangers. Help me see each person as You do — full of value, beauty, and eternal significance.

SOUL (Whole Life Integration)

Unify my scattered self in You. Let my life become a whole, surrendered vessel — no compartments, no hiding, no holding back. Let Your Spirit dwell in every corner of my being, and may my soul find its rest in You alone.

I want to live in moment-by-moment surrender to You — to be fully Yours in thought, word, body, and spirit. Take all that I am and form Christ within me. Let me live this day with You, in You, and for You. Amen



Spirit (Heart/Will) – The Core of who I am

- I consistently seek to surrender my will to God’s will in daily decisions.
- I spend intentional time in prayer, listening for God’s guidance.
- I trust God even when I don’t understand His plans.
- I regularly confess and repent when my heart drifts from God.
- My desires are increasingly aligned with what pleases God.

Reflection Questions:

- Where am I resisting God’s will in my life?
- What is one area where I need to grow in surrender?

Mind (Thoughts, Feelings, Understanding) – Renewing My Thinking

- My thoughts are shaped more by Scripture than by culture, news, or social media.
- I take anxious or negative thoughts captive and submit them to Christ.
- I engage in spiritual learning (Bible study, books) to grow in wisdom.
- I cultivate gratitude and focus on God’s goodness not complaining.
- My emotional responses (anger, fear, joy) are increasingly under the Spirit’s control.

Reflection Questions:

- What dominates my thoughts the most each day?
- How can I better align my thinking with God’s truth?

Body (Actions, Habits, Physical Life) – Honoring God with My Body

- I use my physical energy and health to serve and glorify God.
- I am disciplined in rest, exercise, and healthy habits as an act of stewardship.
- I resist sinful physical habits (e.g., laziness, substance abuse, sexual sin).
- I physically express worship as an act of surrender.
- I recognize that my body is a temple of the Holy Spirit and seek to honor God with it.

Reflection Questions:

- How do my daily habits reflect my love for God?
- What physical habits do I need to surrender or improve?

Social (Relationships, Community, Influence) – Loving Others Well

- I prioritize time with other believers for encouragement and accountability.
- I extend forgiveness and grace to others as Christ does for me.
- I seek to serve others rather than focus on my own needs.
- I share my faith and encourage others in their spiritual walk.
- I set healthy boundaries that honor God and protect my relationships.

Reflection Questions:

- How do my relationships reflect my love for God?
- Where do I need to grow in loving others as Christ loves me?

Soul (Whole Person in Communion with God) – The Big Picture

- I feel a deep sense of communion with God in daily life.
- I experience peace and joy that isn’t dependent on circumstances.
- I desire God more than I desire success, approval, or comfort.
- I intentionally align every area of my life with God’s purposes.
- I see evidence of spiritual growth and transformation over time.

Reflection Questions:

- What is keeping me from full communion with God?
- What is one step I can take to deepen my relationship with Him?

Next Steps: My Personal Commitment

After reflecting on your answers, choose one area to focus on for the next 30 days.

- My area of focus: _____
- One action step I will take: _____
- A verse or truth I will meditate on: _____