

**Come Alive**  
**The Steps To Full Surrender**

**1. Understand** \_\_\_\_\_

**Psalm 16:7-9** *I bless the Lord who gives me counsel; in the night also my heart instructs me. I keep the Lord always before me; because he is at my right hand, I shall not be moved. Therefore my **heart** is glad, and my **soul** rejoices; my **body** also dwells secure. (RSV)*

*“It is the intelligent, joyful abandonment of our own agenda, so we can participate in what God is doing in us and around us.”*

Dallas Willard

**2. Deal with your** \_\_\_\_\_

a) Identify the areas \_\_\_\_\_

**John 12:24-25** *I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives. Those who love their life in this world will lose it. Those who care nothing for their life in this world will keep it for eternity.*

b) \_\_\_\_\_

**Psalm 34:4** *I prayed to the Lord, and he answered me. He freed me from all my fears.*

c) Bring to your mind \_\_\_\_\_

**Jeremiah 29:11** *For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.*

d) Surrender that area \_\_\_\_\_

**Matthew 16:24-25** *Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.*

**Key:** when Jesus says “give up your life”, it’s not an invitation

\_\_\_\_\_. It’s a doorway into an

**God, my Father and King,**

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

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**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.

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**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.

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**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.

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**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.

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**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.

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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

## Sample Prayer Of Focused Surrender

### **Step 1: Admitting Powerlessness**

"Lord, I acknowledge that on my own, I cannot love You as fully as You deserve. My human limitations and distractions hinder me from wholehearted devotion."

### **Step 2: Believing in a Higher Power**

"Heavenly Father, I believe that through Your strength and grace, I can cultivate a deeper love for You. You are the source of all love and understanding."

### **Step 3: Turning Over My Will**

"God, I surrender my heart, soul, mind, and strength to You. Align my desires with Yours, so that I may love You more completely and serve You faithfully."

### **Step 4: Conducting a Moral Inventory**

"Lord, help me to honestly examine the areas of my life where I fall short in loving You fully. Reveal the barriers and sins that obstruct our relationship."

### **Step 5: Admitting Wrongs**

"Father, I confess the times I've placed other things before You and failed to love You with my whole being. I seek Your forgiveness and mercy."

### **Step 6: Readiness for Change**

"God, prepare my heart to let go of anything that diminishes my love for You. Make me willing to undergo the transformation necessary to draw closer to You."

### **Step 7: Humbly Asking for Removal**

"Lord, I humbly ask You to remove the obstacles within me that prevent a full expression of love towards You. Purify my heart and renew my spirit."