

Come Alive How to connect Your Soul To God

Matthew 11:28-30 *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

1. Recognize that you have multiple parts

Colossians 3:1 *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.*

Colossians 3:2 *Set your minds on things above, not on earthly things.*

2. Grow in your understanding _____

Matthew 16:26 *What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?*

Psalms 1:3 *That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.*

3. How do I _____

Step #1: _____: Not my will but yours be done
James 4:7 *Submit yourselves, then, to God.*

Step #2: _____: Into your hands I commit...
Proverbs 3:5-6 *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

Key: I release _____

You to do what's right, with wisdom, and then leave the results in God's hands.

Outcome #3: Contentment: I have learned to be content...

Outcome #4: Participation: We are God's co-workers...

Steps To the Surrendered Life

Key Steps:

- **Daily surrender each part to God (See insert)**
- **Recognition of your own limits**
- **Turning from self-trust** – Admit you don't have the wisdom or strength to do what He asks without Him.
- **Confession and openness** – Honestly bring your real self to God.
- **Inviting God's leadership** – Not just salvation, but leadership over everything.

Indicators You're in This Stage:

- You feel a *tug of war* between your will and God's.
- You begin saying things like, *"God, I want what You want, even if it's not what I want."*

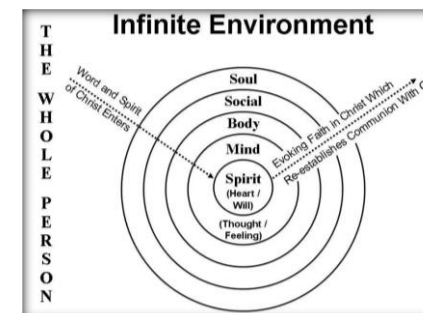
Steps To The Abandoned Life

Key Steps:

- **Choosing trust over outcomes** – We do not complain when bad things happen to us, but remember that there is no suffering that God cannot use for our good.
- **Holding on to God's goodness:** Believing God is good, regardless of what happens.
- **Practicing "death to results"** – You obey God without needing to manipulate outcomes.
- **Praying, "Into Your hands..."** – Like Jesus, you release your life completely to the Father.

Indicators You're in This Stage:

- You stop getting frustrated when you don't get your way.
- There is a *settled trust* in God's character, even when life is uncertain.
- You say, *"Whatever You want, God, and however You bring it—I'll go with You."*



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

Practical Steps to Let Go of Outcomes

1. **Name the outcome you're trying to control**
Is it someone's opinion? Your job promotion? Your child's behavior?
2. **Ask yourself: Why do I want this outcome so badly?**
Often, it's about identity, fear, ego, or security.
3. **Confess your desire to control**
Surrender it to God in prayer. Not once, but daily. Sometimes hourly.
4. **Do what you *can* do, faithfully**
Act in wisdom. Do your part. But stop short of manipulating or forcing the result.
5. **Remind yourself: God's Kingdom is never at risk**
His will is not fragile. Even in disappointment or failure, He is at work.
6. **Watch your internal dialogue**
Notice when you obsess over how something will turn out. Gently release it.
7. **Practice detachment, not indifference**
Detachment = "I care, but I'm not owned by this."
Indifference = "I don't care at all."

"Father, today I will make plans, work hard, and love well—but I will not demand results. I give the outcomes of this day to You. I trust that Your Kingdom is sufficient for me, whatever happens."

"Lord, I am not in charge of the outcomes. I release the need to control, impress, or secure my desires. Let me act in your truth and love, and trust you with the results. My life is in your hands."

"I am learning to live without having to have my way."
Dallas Willard