

## Celebration of Discipline 8: SUBMISSION

1. **REMEMBERING** Probably all of us have had to submit to people or circumstances beyond our control. While some experiences may have been serious, others may have become hilarious over time. Time has a way of transforming “tragedies” into comedies. Share a humorous story of something you did because of impatience or frustration when you were faced with being forced to submit to a person or circumstances beyond your control.
  
2. **REFLECTING** Expressions of impatience and frustration may bring relief for a moment but create awkward and uncomfortable consequences. What are some consequences you have experienced?
  
3. **DISCOVERING** In Philippians 2:1-8 the apostle Paul describes humility as a means of achieving unity, and submission as a means of accomplishing a shared mission. Create a list of answers to the following question and write them out in the space below the text.

- What do submission and humility look like when they are acted out in real life situations?

*If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, <sup>2</sup>then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. <sup>3</sup>Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. <sup>4</sup>Each of you should look not only to your own interests, but also to the interests of others.*

*<sup>5</sup>Your attitude should be the same as that of Christ Jesus: <sup>6</sup>Who, being in very nature God, did not consider equality with God something to be grasped, <sup>7</sup>but made himself nothing, taking the very nature of a servant, being made in human likeness. <sup>8</sup>And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross!*

4. **CONNECTING** Examine the list you have created. Choose the principle that presents the greatest challenge for you to enact and explain why.
  
5. **RESPONDING** Ask questions and share suggestions with one another about how each of you could meet the challenges you identified, then pray supportively for one another.

***Every [spiritual] discipline has its corresponding freedom. What freedom corresponds to submission?  
It is the ability to lay down the terrible burden of always needing to get our own way.***

- Richard Foster, *Celebration of Discipline*