



## POWER OF SURRENDER | PASTOR CODY JOHNSON

Power of a Decade: Evaluation, Motivation, Execution

Why was last year so hard?

We \_\_\_\_\_ how much we crave  
\_\_\_\_\_.

What happens when you try to control too much?

- Lowers happiness
- Raises blood pressure
- Increases suffering
- Negatively affects decision-making
- Harms relationships

We \_\_\_\_\_ our level of  
\_\_\_\_\_ to God.

If we don't surrender control of our lives to God, we can expect more  
\_\_\_\_\_ this year.

1. \_\_\_\_\_ surrender.

Surrender: to yield to the power, control, or possession of another upon compulsion or demand

You must have the same attitude that Christ Jesus had. *Philippians 2:5*

Though he was God, he did not think of equality with God as something to **cling** to. Instead, he **gave up** his divine privileges; he took the **humble position** of a slave and was born as a human being. When he appeared in human form, he **humiliated himself in obedience** to God and **died a criminal's death** on a cross. *Philippians 2:6-8*

Then Christ will **make his home in your hearts** as you trust in him. Your roots will grow down into God's love and **keep you strong**.  
*Ephesians 3:17*

2. Make surrender a \_\_\_\_\_.

*"The ultimate form of intrinsic motivation is when a habit becomes part of your identity. It's one thing to say I'm the type of person who wants this. It's something very different to say I'm the type of person who is this."*  
— James Clear

The truth you tell yourself is the one you will believe.

- Decide the type of person you want to be.
- Prove it to yourself with small wins.

Listen to my voice in the morning, Lord. **Each morning** I bring my requests to you and **wait expectantly**. *Psalms 5:3*

*"As habits are created, the level of activity in the brain decreases."*  
— James Clear

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. *Psalms 55:22*

3. Surrender \_\_\_\_\_.

Cue: "Oh, neat, a reward!"

Craving: "If I do this, I will get \_\_\_\_\_!"

Response: "Time for action!"

Reward: "Satisfying and educational!"

Pick a word that will aid your response.

Word Bank: Surrender, Release, Open, Captive, Stop, Pause, Yield, Concede, Submit, Defer, Relent, Acquiesce, Humble

So **humble yourselves** before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you.  
*James 4:7-8*

What do you gain from surrender?

When you surrender to God, you don't \_\_\_\_\_.

You \_\_\_\_\_.