

Reflective Questions: Submission

1. What is your reaction to the word 'submission'?
2. What submitting experiences have you had?
3. Who is an example of someone who knows how to practice healthy, biblical submission? How has his or her life influenced you?
4. Do you have to have a submissive temperament? Why or why not?
5. What does it look like for a leader, an activist or an achiever to be submissive?
6. If you have questions about the biblical concept of submission, how might you educate yourself on the topic?

Spiritual Exercises: Submission

1. Arrange a small group discussion on the topic of submission. Ask people to share their positive or negative experiences of submission to each other. How does understanding these experiences inform your understanding of Ephesians 5:21 – “Submit to one another out of reverence for Christ”?
2. Who today do you submit to in the normal events of your life – boss, teachers, parents, colleagues, friends, spouse? What does healthy submission look like in each of these relationships? Pray for grace in these relationships?
3. Consider a character flaw you would like to have transformed in your life. What spiritual practice might help you cooperate with God in his transforming work? Willingly practice this discipline for a stipulated period of time. Submit your process to a trusted friend. What is this like for you?