

**Flexing Spiritual Muscle**  
**Part 7 The Discipline of Submission**  
**Philippians 2: 1-8; Other Scripture**

Every Christian discipline is a tool.

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

Why is this type of submission good?

**Consider there is...**

- The FREEDOM in submission.
- The CALL to submission.
- The \_\_\_\_\_ of submission.
- The \_\_\_\_\_ of submission.

## **Seven Acts of Submission:**

Submission to the Triune God  
Submission to the Scriptures  
Submission to the family  
Submission to our neighbors  
Submission to the church community  
Submission to the broken  
Submission to the world

*Celebration of Discipline; Richard J Foster; pages 149-150*

## **Daily Scripture Reading:**

Sunday-The call to service/ Matthew 20: 20-28

Monday-The sign of service/ John 13: 1-17

Tuesday-The commitment of service/ Exodus 21:2, 21: 5-6, 1 Corinthians 9: 19

Wednesday-The attitude of service/ Colossians 3: 23-25

Thursday-Service in the Christian fellowship/ Romans 12: 9-13

Friday-The ministry of small things/ Matthew 25: 31-39

Saturday-Service exemplified/ Luke 10: 29-37

*Study Guide for Celebration of Discipline; Richard J. Foster; page 54*