



# AN ACT OF SUBMISSION

## Family Devotional/Adult & Teen Discussion Guide

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**1. PRIMARY STATEMENT:** When we think of “worship,” fasting rarely comes to mind, but in truth, they’re closely related. Fasting and worship share the same root - submission to God.

## 2. BIBLE VERSE:

James 4:6-7 [ESV]

*“God opposes the proud but gives grace to the humble. Submit yourselves therefore to God.”*

Fasting, just like worship, is an act of willful submission. It rarely comes easily, but that’s part of what makes it so powerful. If God is really “Lord,” we owe Him worship, whether we feel like it in the moment or not.

Q . What has been the most challenging part of your fast so far? Have you been tempted to cheat, or to quit? How does sticking with it - against your natural desires - help you deepen your devotion to God?



## 3. DISCUSSION:

Psalm 8:1-4 [NLT]

*“LORD, our Lord, your majestic name fills the earth! Your glory is higher than the heavens... What are mere mortals that you should think about them, human beings that you should care for them?”*

Whatever the expression is, worship begins with an understanding that God is, well - God, and you’re not. Before you call on God to meet your larger-than-life need or give you divine wisdom, you have to get off of the throne of your life and bow before Him. Fasting is a season of practicing that dynamic, as you say “no” to your desires, and “yes” to God’s plan.

Q . What’s an area of your life that needs divine intervention? Is He Lord in that area of your life right now, or are you?

Q . God wants us to be humble, but not to feel broken-down or worthless. How would you describe the right balance between self-worth in God, and humble kneeling before His throne?



## 4. PRAYER FOCUS

Take a minute to search your heart. What are the areas where your will often puts up a fight against God’s way? Ask the Holy Spirit to help you, as you continue a season of fasting, to focus on submitting better in those areas.