

I have a confession. From the moment I wake up, I never want to exercise. I have a membership to Crunch Fitness. And, I always have a reason not to go. Yet, when I go, I'm ALWAYS glad I did. I come home, lose weight, feel energized, eat healthier, sleep better, and have an improved attitude. There are truly so many reasons to get in shape!

Today, we continue our series, "CrossFit". We're looking at 12 daily disciplines to get us into spiritual shape. Today, we look at the outward discipline of Submission. In The Study Guide for "Celebration of Discipline", Foster says, "As His disciples, Jesus calls us to a more excellent way—a way of love and compassion, a way of submission and service."

First, in Ephesians 5:21a (ESV), Paul says, "Submit..." Many dislike the idea, "to be set under". But, in submission, we recognize the legitimate authority of others over us: God, Bible, family, church, state, neighbors, broken, world. And, the touchstone is self-denial. In Mark 8:34b (ESV), Jesus says, "If anyone would come after me, let him deny himself and take up his cross and follow me."

Second, in Ephesians 5:21b (ESV), Paul continues, “...to one another...” In Mark 9:35b (ESV), Jesus says, “If anyone would be first, he must last of all and servant of all.”

Submission does have limits when it is destructive and disobeys God. But, Jesus showed us how to freely accept servanthood and find joy in voluntary mutual submission!

Finally, in Ephesians 5:21c (ESV), Paul concludes, “...out of reverence for Christ.” In Philippians 2:8b (ESV), Paul says, “Jesus humbled himself by becoming obedient to the point of death, even death on a cross.” In The Celebration of Discipline, Foster says, “The only compelling reason for submission is the example of Jesus.” Thus, out of reverence (fear, awe) for Christ, we submit to God and others!

Let’s pray. Lord, Martin Luther once said, “A Christian is a perfectly free lord of all, subject to none. A Christian is a perfectly dutiful servant of all, subject to all.” Lord, Jesus not only died a “cross-death,” He lived a “cross-life”. Help us freely, voluntarily, and joyfully to live this CrossFit life and submit to one another out of reverence for Christ!