

SUBMISSION IS NOT WEAKNESS

Companion Workbook

A Biblical Reflection, Obedience, and Surrender Workbook

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PREFACE

This workbook was not created to teach passivity, silence, or weakness. It was created to help you walk honestly before God. Biblical submission is often misunderstood because many people define it through painful experiences, pride, fear, control, or culture instead of through Scripture. But submission begins somewhere much deeper than another person. It begins with God. This workbook is designed to help you examine your own heart, your own responses, and your own obedience before Jesus Christ. It is not meant to help you study another person's failures or build a case against someone else. As you work through these pages, keep bringing the focus back to your relationship with God. Ask yourself: "Lord, what are You revealing in me?" That is where growth begins.

CHAPTER 1

WHY SUBMISSION IS RESISTED

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

— *James 4:7*

Scripture Focus

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

— *James 4:7*

Heart Examination

- What rises in me when I hear the word submission?
- Where do I resist correction, instruction, or authority?
- What does my resistance reveal about my heart?

Quiet Reflection Before God

Write honestly before God as you examine your responses, attitudes, motives, and relationship with Christ.

Truth Before God

Biblical submission begins with surrender to God. It is not weakness, silence, or control. It is strength brought under the authority of Christ.

Prayer

Lord, search my heart and expose pride, fear, resistance, self-protection, and control within me. Teach me to walk in humility, steadiness, obedience, and trust before You. Keep my eyes fixed on Christ and not on the failures of others. Amen.

Obedience Step

What is one area where I need to come under God more willingly this week?

CHAPTER 2

WHAT SUBMISSION ACTUALLY MEANS

Submitting yourselves one to another in the fear of God. — Ephesians 5:21

Scripture Focus

Submitting yourselves one to another in the fear of God. — Ephesians 5:21

Heart Examination

- What false ideas about submission have shaped my thinking?
- Have I defined submission through pain, fear, or culture instead of Scripture?
- What does biblical submission actually look like before God?

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Obedience Step

How can I slow my responses and come under God before reacting?

CHAPTER 3

SUBMISSION IS STRENGTH

*He that is slow to anger is better than the mighty; and he that ruleth his spirit
than he that taketh a city. — Proverbs 16:32*

Scripture Focus

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. — Proverbs 16:32

Heart Examination

- Where do I mistake strong reactions for true strength?
- What situations tempt me to defend, control, or react quickly?
- What would strength under God look like instead?

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Obedience Step

What situation this week will require restraint, patience, and self-control?

CHAPTER 4

SUBMISSION BEGINS WITH GOD

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

— James 4:7

Scripture Focus

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

— *James 4:7*

Heart Examination

- Do I base my obedience on circumstances instead of God?
- Where have I allowed another person's behavior to shape my responses?
- What would it look like to respond to God first?

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Obedience Step

How will I remind myself to respond to God before reacting emotionally?

CHAPTER 5

AUTHORITY IN MARRIAGE

For the husband is the head of the wife, even as Christ is the head of the church. — Ephesians 5:23

Scripture Focus

For the husband is the head of the wife, even as Christ is the head of the church. — Ephesians 5:23

Heart Examination

- Where has biblical order been misunderstood in my thinking?
- Have pride, fear, hurt, or self-protection affected my responses?
- What does humility before God look like in my role?

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Obedience Step

What step of humility and obedience can I practice this week?

CHAPTER 6

WHEN SUBMISSION IS MISUSED

We ought to obey God rather than men. — Acts 5:29

Scripture Focus

We ought to obey God rather than men. — Acts 5:29

Heart Examination

- Have painful experiences distorted my understanding of submission?
- Do I understand the difference between godly submission and sinful control?
- Where do I need wisdom, discernment, and steadiness?

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Obedience Step

How can I remain surrendered to God while standing firmly in truth?

CHAPTER 7

SUBMISSION IN REAL LIFE MOMENTS

A soft answer turneth away wrath: but grievous words stir up anger. —

Proverbs 15:1

Scripture Focus

A soft answer turneth away wrath: but grievous words stir up anger. —

Proverbs 15:1

Heart Examination

- Where do I react too quickly in ordinary moments?
- What tones, situations, or frustrations stir my emotions most?
- What would a response governed by God look like?

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Obedience Step

What practical area will I intentionally slow down in this week?

CHAPTER 8

SUBMISSION WHEN YOU DO NOT AGREE

Let your speech be always with grace, seasoned with salt. — Colossians 4:6

Scripture Focus

Let your speech be alway with grace, seasoned with salt. — Colossians 4:6

Heart Examination

- Do I struggle to release outcomes after speaking?
- Have disagreements become battles inside my heart?
- What would it look like to speak truth with grace and then trust God?

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Obedience Step

What disagreement pattern needs to change in my responses?

CHAPTER 9

SUBMISSION WHEN IT FEELS UNFAIR

*For if, when ye do well, and suffer for it, ye take it patiently, this is acceptable
with God. — 1 Peter 2:20*

Scripture Focus

For if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. — 1 Peter 2:20

Heart Examination

- Where have I begun keeping score internally?
- How has comparison affected my obedience?
- What would it look like to obey God without measuring another person?

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Obedience Step

What burden of comparison or fairness do I need to release before God?

CHAPTER 10

SUBMISSION WHEN YOU FEEL ALONE

So then every one of us shall give account of himself to God. — Romans 14:12

Scripture Focus

So then every one of us shall give account of himself to God. — Romans 14:12

Heart Examination

- Have I tied my obedience to another person changing first?
- Where has disappointment weakened my faithfulness?
- What does steady obedience before God look like even when I feel alone?

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Obedience Step

What is my next faithful step before God regardless of outcomes?

CHAPTER 11

FREEDOM IN SUBMISSION

Thou wilt keep him in perfect peace, whose mind is stayed on thee. — Isaiah

26:3

Scripture Focus

Thou wilt keep him in perfect peace, whose mind is stayed on thee. — Isaiah

26:3

Heart Examination

- What am I still trying to control?
- Where am I carrying burdens that belong to God?
- What would peace under God look like in my life?

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Obedience Step

What outcome or pressure do I need to release into God's hands?

CHAPTER 12

THE DECISION

But be ye doers of the word, and not hearers only, deceiving your own selves.

— *James 1:22*

Scripture Focus

But be ye doers of the word, and not hearers only, deceiving your own selves.

— *James 1:22*

Heart Examination

- What is God specifically asking me to change?
- What have I delayed, excused, or resisted?
- What step of obedience is God calling me to take now?

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Obedience Step

What decision before God do I need to make today?

MOVING FORWARD

This workbook is not the end of the journey. It is a tool to help you continue walking honestly before God. Do not aim for polished answers. Aim for surrendered obedience. Keep bringing your heart before the Lord. Continue asking Him to expose what needs to change within you. Walk one decision at a time with your eyes fixed on Christ instead of on circumstances, outcomes, or the failures of others. God is able to steady what is surrendered to Him.

FINAL PRAYER

Lord, help me walk in humility, surrender, obedience, and trust before You. Guard my heart from pride, comparison, resentment, fear, control, and self-righteousness. Teach me to respond from a heart that is fully under You. Keep my eyes fixed on Christ and continue shaping my heart into one that reflects Your peace, wisdom, and grace. In Jesus' name, Amen.