

SUBMISSION AND REST

Step 3: We made a decision to turn our will and our lives over to the care of God as we understood Him.

When our burdens become heavy and we see that our way of life is leading toward death, we may finally become willing to let someone else do the driving. We've probably worked hard at trying to get our lives on the right track, but still feel like we always end up on a dead-end street.

Proverbs tells us, "Before every man there is a wide and pleasant road that seems right but ends in death." (Proverbs 14:12)

When we began our addictive behaviours we were probably seeking a way to find pleasure or to overcome the pain of living. The way seemed right at first, but it wasn't long before it became clear that we were on the wrong track. By then we were unable to turn around on our own.

In the Bible, Moses reminded the people of God that their refusal to put their trust in God had resulted in 40 years of wandering in the wilderness. God had the power to deliver them from their powerless condition, but the people refused to take advantage of it.

Through Moses, God said: "Today I give you the choice between life and death, between blessings and curses...Oh that you would choose life, that you and your descendants might live! Choose to love the Lord your God and to obey Him and commit yourself to Him, for he is your life. (Deuteronomy 30:19)

We have all been created with the supreme privilege of free will, the ability to choose which road we will travel. Whatever choice we make will affect the rest of our life. We can continue to control our own lives and head down a path of self-destruction or we can let God take control and begin a journey towards life and healing.

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For My yoke is easy and the burden I give you is light." (Matthew 11:28-30)

To take on a yoke implies being united to another in order to work together. Those who are yoked together must go in the same direction, but by doing so, their work is made considerably easier. When we finally decide to submit our life and our will to God's direction, our burdens will become manageable. When we let Him do the driving, we will be able to "find rest" for our soul. He knows the way and has the strength to turn us around and get us on the road to recovery and life.

Questions For Reflection and Discussion

1. On what road am I presently travelling? Where is it leading?
2. What scares me about letting God take control of my life?
3. How do I turn the driving over to God?
4. What does it mean to me to have "rest?"
5. What does it mean to God to give "rest?"
6. We all wear a yoke on our shoulders. To what or to whom am I yoked?
7. What's my next move in turning my will and life over to the care of God?