

# Living the Crucified Life

## Self-Reflection Guide

### Brief Sermon Summary

Living out our salvation includes the call to **live the crucified life**, where Christ's finished work on the cross not only saves us from the **penalty of sin (justification)**, but continually delivers us from the **power of sin (sanctification)** as we learn to walk by the Spirit. Though salvation is secure, there remains an ongoing **inner battle** between the flesh and the Spirit—a conflict Paul describes vividly in Romans 7.

Division is revealed as the **fruit of sin**, while reconciliation is an **act of love**. Love covers a multitude of sin. As believers, we are invited to live in true harmony by yielding our will to God's will, denying ourselves daily, and allowing the Holy Spirit to train us in righteousness. Sanctification is not about perfection, but **persistent surrender**, spiritual awareness, forgiveness, and disciplined cooperation with the Spirit.

Ultimately, **glorification** awaits (Romans 8:29-30) - freedom from the **presence of sin**—but until then, we “work out” our salvation by renewing our minds, submitting our flesh, rejoicing even in trials, and pressing forward toward our eternal reward. When we learn to live now the way we will live in heaven, we begin to **bring heaven to earth**.

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### Self-Reflection Exercise 1: Yielding to Christ

**Purpose:** To grow in spiritual awareness and recognize where we need to yield our will to God's will.

**Exercise:**

1. Take a quiet moment and ask the Holy Spirit to reveal areas where you have felt internal tension or resistance to God's will. Most often there is a feeling attached to this tension, I call this “the yuck” feeling. And usually we can pinpoint where we feel that feeling is located within our body.

2.

3. **Exercise**

- In this exercise you are going to ask the Lord to show you if you have recurring thoughts, reactions (feelings) or habits that reveal the absence of God's peace ruling within you.
  - Find a quiet place to get into an attitude of prayer with the Lord. Ask the Lord to bring into remembrance a time or experience when you felt the absence of God's peace. Perhaps you had an argument that left you feeling rejected, hurt or angry. Maybe you felt guilt or shame for something you did. Don't try to "think" of this memory...allow Holy Spirit to bring it into remembrance.
  - Once you have a memory, identify how you are feeling in that experience. Allow yourself to "feel the feeling". Identify it and determine where in your body you are feeling it.
  - Now, give that feeling to the Lord. In your own words tell the Lord you want to give Him your pain / yuck. Express forgiveness where needed. This is an act of yielding & surrender.
  - Imagine Jesus taking your pain and replacing it with His peace. This is the moment of divine exchange. Your pain for His peace. Stay in the place until the pain is gone and His peace is all you are feeling.
  - Now think of this situation / person again. How do you feel? Do you feel neutral or do you feel peace where the "yuck" was before? If yes, God healed it. If not, yield to Christ within again. Release the negative emotions and let Him forgive through you.
4. By doing this exercise we are practicing both yielding our will to His, and allowing God's peace to rule in our hearts. Write down your experience doing this exercise. Continue asking God to reveal specific areas where He wants you to yield your will to His or where you need His peace to rule.

**Prayer Response:**

"Lord, I yield my will to Yours. Teach me to recognize your peace and allow you to rule my heart."