

SELAH Devo — Week 4 — Surrender

Philippians 2:9–11

STOP

Find a quiet spot. Put your phone on Do Not Disturb for five minutes. Take one deep breath in... and let it out slowly.

EXHALE

Let the pressure drop. Whatever drama, stress, or noise you walked in with—you don't have to solve it right now. Just be here.

LOOK

Read **Philippians 2:9-11** slowly:

“God highly exalted him
and gave him the name above every name,
so that at the name of Jesus
every knee should bow...
and every tongue confess
that Jesus Christ is Lord.”

Now ask yourself one simple question:

“If Jesus really is Lord of *everything*, what part of my life am I still trying to control on my own?”

Think about your life like a house with different rooms:

- **The school room** — your grades, your reputation, your friend group
- **The phone room** — what you watch, what you post, who you DM
- **The anger room** — the things you hold onto
- **The stress room** — pressure, fear, anxiety, expectations
- **The secret room** — the stuff you hope no one ever asks about
- **The habit room** — the things forming who you're becoming
- **The future room** — dreams, college, dating, plans

Which room feels “off limits” to Jesus?

Which room do you keep locked because you worry about what He might find—or what He might ask you to change?

Remember:

Jesus doesn't break down doors.

He knocks.

And He comes not to shame you, but to heal you.

ASK

Pray this quietly:

“Jesus, show me the room I've been keeping locked.

Show me what I'm afraid of.

And help me trust that You come as a Gentle King, not a judge.”

Then ask Him:

- “What do You want me to surrender today?”
- “What's one small step I can take to let You in?”

If nothing comes to mind at first, sit for a moment and ask again.

Often the Holy Spirit whispers a thought, a memory, or a name.

HEAR

Write down one sentence:

“Jesus, today I open the door of _____.”

It might be:

- my phone
- my attitude
- my anxiety
- my anger
- my habits
- my friendships
- my schedule
- my identity
- my future

Whatever it is, write it honestly. You're not writing a promise, you're opening a door.

Then end with this short prayer:

“Jesus, You are Lord of all.

Be Lord of this room in my life.

I trust You more than my fear.”

Take one deep breath... then go back into the day surrendered, not stressed.