



UNDER CONTROL

By Rev. Will Nelken

Presented at Trinity Community Church, San Rafael, CA, on Sunday, June 12, 2022

The Jesus who saves us is the Lamb who is worthy to receive all praise in Heaven and Earth. The Christ who redeemed us is the King who has come also to re-establish His sovereign rule over all people and all the kingdoms of this world.

Then, calling the crowd to join His disciples, [Jesus] said, "If any of you wants to be My follower, you must give up your own way, take up your cross, and follow Me. (Mark 8:34)

To know Christ is to call Him Lord (Master) and King. That is, to bow before Him in utter humility, to surrender yourself to His right to rule. To give up the right to rule your own life in His place. And to give up the "right" to rule over the lives of others by intimidation or condemnation.

Bodily postures and movements often prompt and express our feelings. That's why we clap our hands in celebration. Why we raise our hands in praise. Why we may kneel to pray. Why we may prostrate ourselves in worship.

If you're physically able, I urge you to join me in a brief physical exercise designed to help you *feel* this sense of submission I'm talking about.

Let's do this together: if you can, get down on your knees (right now), put your face on the floor, and place your hands beside your head, palms up. This is a physical gesture of surrender. From this position, say these words: "Lord Jesus, I am Yours—my body, my soul, and my spirit."

Your body and mind respond to this. FEEL IT.

While you rest there for just a moment longer, let me ask you 3 questions:

Does this feel awkward or embarrassing? Do your thoughts dismiss it as foolishness? Do you detect an inward resistance to this exercise? — It's just an exercise, but one that is designed to reveal thoughts and feelings, perhaps negative, but especially to identify the feeling of surrender. Feel it. Mark it. Remember it.

What did you think or feel?