



**Key Text**  
**Luke 22:39-44**

**-Matthew 16:24-26**

**-John 10:17-18**

**-Luke 14:26-33**

# **Today's Scriptures**



FAITH NATION  
CHURCH

2026

MY MOUNT UP YEAR

-ISAIAH 40:31



**31** *But those who wait on the  
LORD shall renew their  
strength; They shall mount up  
with wings like eagles, They  
shall run and not be weary,  
They shall walk and not faint.*

**Isaiah 40:31**

**NKJV**

# Def of "Mount Up"



Is classified as a period of time that God rewards our stillness and waiting period with *SUPERNATURAL EXPONENTIAL GROWTH*.

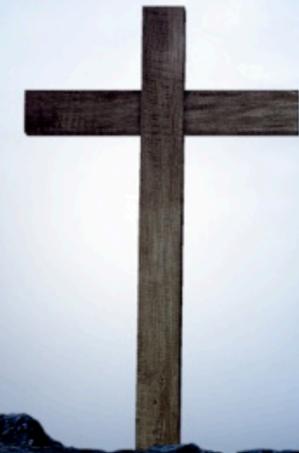
The best part about The "MOUNT UP" is that it doesn't have to last for only one season.

Our continuous decision to spend alone time with God without being influenced by the world can result in continuous growth in areas of our lives that produce *THE FRUITS OF THE SPIRIT*, as well as the *UNMERITED FAVOR OF GOD IN OUR NATURAL LIVES*.



***EVENTUALLY***, our continuous decision to “***MOUNT UP***” will produce a lifestyle that attracts others to want to make the same sacrifice we did.

It will also populate a new body of believers that exemplify the life and behaviors that Jesus called us to live ***AS HIS DISCIPLES***.



# The Journey to Surrender

Matthew 16:24-26 | John 10:17-18 | Luke 14:26-33



**The Goal of this sermon series is to get us to give up the things that we often place next to God.**

**God + Anything = Idolatry**

**Also, as we approach Passion Week and Resurrection Sunday, we want to find ways to crucify our flesh as we honor and celebrate our Savior for his Journey to surrender and his resurrection for the atonement of our sins.!**

# **The Journey to Surrender**

**Matthew 16:24-26 | John 10:17-18 | Luke 14:26-33**



**3** ***"You must not have any other god but me.***

**Exodus 20:3–6**

**NLT**



***4 "You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea.***

**Exodus 20:3–6**

**NLT**



***5 You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me.***

**Exodus 20:3–6**

**NLT**



***6 But I lavish unfailing love for a thousand generations on those who love me and obey my commands.***

**Exodus 20:3–6**

**NLT**

# Take Up Your Cross

#iDenySelf



**The Journey to Surrender-pt 1**

**Matthew 16:24-26 | John 10:17-18 | Luke 14:26-33**



# ***Take Up Your Cross-Recap***

**The first step to  
Surrender is Self  
Denial.**



# **2 Types of Surrender**

## **Maturity**

- **Voluntary**
- **Means to Give In**
- **Usually Happens by choice before God intervenes**

## **Desperation**

- **Involuntary**
- **Usually happens at the point of Giving Up**
- **Usually happens out of our control because God intervened and the situation got out of control.**
- **Shows Up in the form of a God-Whooping**



# ***Take Up Your Cross-Recap***



- God does his Best work when take our hands off of the situation... (posture of Surrender)
- When surrendering control becomes something we are not willing to do — We have become our own idol!
- Surrendering is a form of worship through our lives and lifestyles.
- The way to experience true peace is to surrender what we are carrying



**17** ***"The Father loves me because I sacrifice my life so I may take it back again."***

**John 10:17–18**

**NLT**



**18** *No one can take my life from me. I sacrifice it voluntarily. For I have the authority to lay it down when I want to and also to take it up again. For this is what my Father has commanded."*

**John 10:17–18**

**NLT**



# The Vulnerability of Surrender

Key Text: Luke 22:39-44

The Journey to Surrender-pt 2

Matthew 16:24-26 | John 10:17-18 | Luke 14:26-33

***The key word is***

***Vulnerable. — Definition***



**Vulnerable** — describes someone or something susceptible to physical or emotional harm, injury, or attack. It implies being unprotected, defenseless, or weak, such as a child, an exposed computer system, or a sensitive topic. It often means being at risk or easily influenced.

The background is a dark, monochromatic image. In the foreground, Jesus is depicted with his hands raised in prayer, looking upwards. In the background, a group of people are shown resting or sleeping on the ground, suggesting a scene of exhaustion or suffering. The overall tone is somber and reflective.

**Humility**  
**+ Vulnerability**  
**Uncompromised**  
**Obedience**

**39** *Then, accompanied  
by the disciples, Jesus  
left the upstairs room  
and went as usual to  
the Mount of Olives.*

**Luke 22:39–44**

**NLT**





*40 There he told  
them, "Pray that  
you will not give  
in to temptation."*

**Luke 22:39–44**

**NLT**

**41 He walked away,**



**about a stone's**

**throw, and knelt**

**down and prayed,**

**Luke 22:39–44**

**NLT**



**42 "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."**

**Luke 22:39–44**

**NLT**



**43** *Then an angel  
from heaven  
appeared and  
strengthened him.*

**Luke 22:39–44**

**NLT**



***44 He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.***

**Luke 22:39–44**

**NLT**



# ***Anxiety — Definition***

**Anxiety is a common, often chronic feeling of fear, dread, or uneasiness, typically characterized by excessive worry, tension, and physical symptoms like a rapid heart rate or sweating. It is a future-oriented, long-acting response to perceived threats, which can impair daily functioning and is highly treatable**

# ***Surrendering is a Sacrifice***



- **And Sacrifice is never Comfortable**
- **The greater the pain the greater the Sacrifice**

# ***Don't let the feeling of fear turn into the spirit of fear***



- **The Feeling of Fear is a natural feeling as humans**
- **The spirit of Fear makes you Operate and Make decisions out of the control of the feeling**
  - **Pray about your fear rather than praying out of the spirit of fear**



***7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.***

**2 Timothy 1:7**

**NKJV**

**7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.**

**2 Timothy 1:7**

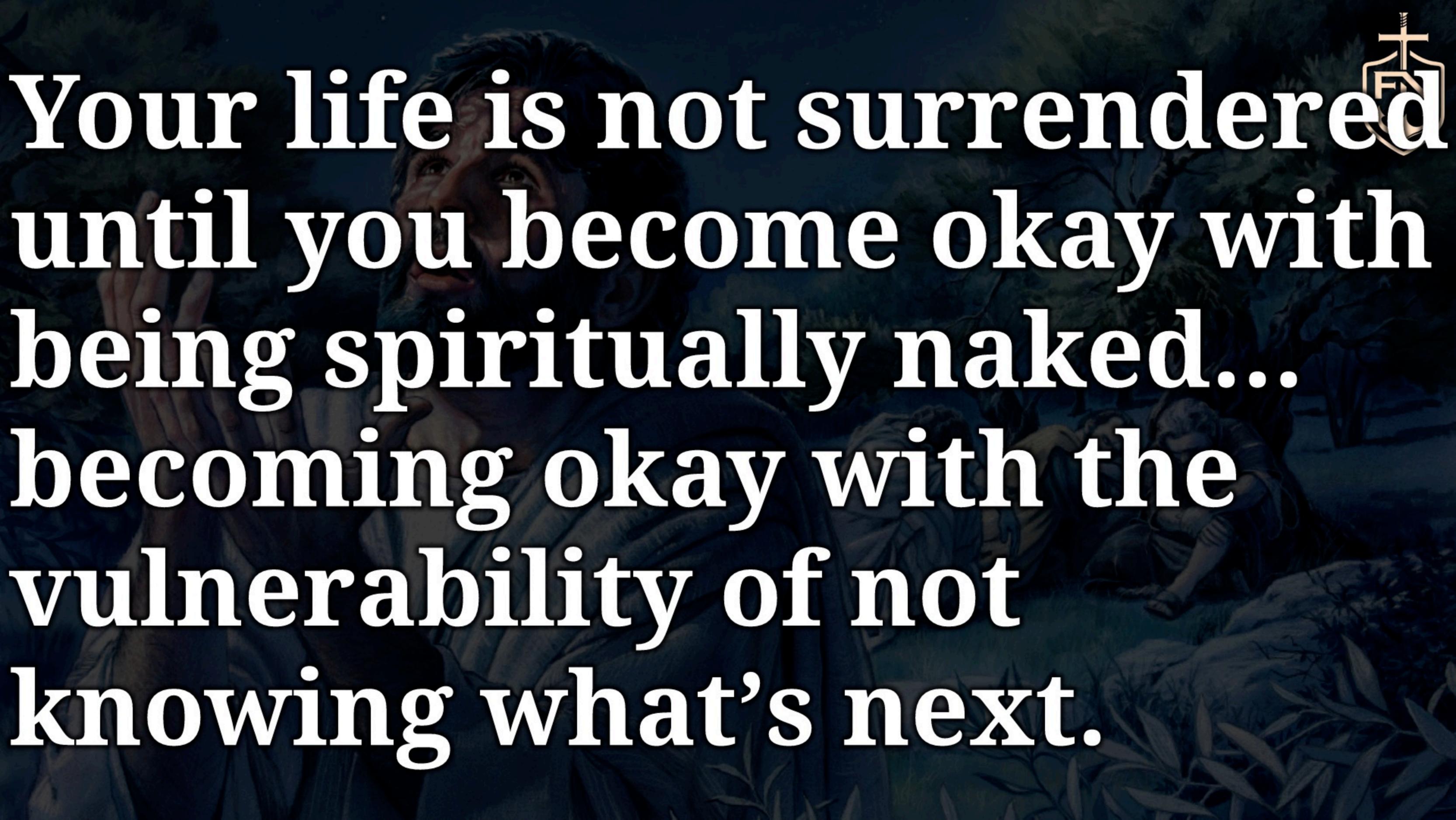
**NLT**





**Humility is required to  
Surrender because you are  
moving into the unknown**

- **A.K.A. “The Faith Walk”**



**Your life is not surrendered  
until you become okay with  
being spiritually naked...  
becoming okay with the  
vulnerability of not  
knowing what's next.**





**When you don't know  
what comes next,  
God is able to write the  
story his way**

*God wants the  
surrendering of our lives.*



However, in order to get to the  
ultimate surrender,  
It takes multiple small  
surrenders to gain the  
strength for the big ones!



**At the end of every season, surrender is required to graduate to the next season**

**36** *Then Gideon said to God, "If you are truly going to use me to rescue Israel as you promised,*



**Judges 6:36–40**

**NLT**

**37** *prove it to me in this way. I will put a wool fleece on the threshing floor tonight. If the fleece is wet with dew in the morning but the ground is dry, then I will know that you are going to help me rescue Israel as you promised."*

**Judges 6:36–40**

**NLT**





**38** *And that is just what happened. When Gideon got up early the next morning, he squeezed the fleece and wrung out a whole bowlful of water.*

**Judges 6:36–40**

**NLT**

**39** *Then Gideon said to God, "Please don't be angry with me, but let me make one more request. Let me use the fleece for one more test. This time let the fleece remain dry while the ground around it is wet with dew."*



**Judges 6:36–40**

**NLT**



***40*** ***So that night God did as Gideon asked. The fleece was dry in the morning, but the ground was covered with dew.***

**Judges 6:36–40**

**NLT**

***Surrendering is a faith  
exercise.***



**The stronger you become,  
the greater the surrender  
God will send you a sign of  
confirmation if you ask him**



***Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.***

**Hebrews 12:1**

**NLT**



# Total Surrender — Births Out a New Identity