

The Posture Before the Position

Today's Reading: Ephesians 5:21–25 | Audio: Day 1

“Submitting yourselves one to another in the fear of God... Husbands, love your wives, even as Christ also loved the church, and gave himself for it.”

— Ephesians 5:21, 25 (KJV)

DEVOTIONAL

Before God assigns a position, He examines posture. We usually focus first on the role we hold: “Am I the leader? Am I the parent? Am I the one in charge? Am I the one being overlooked?” God begins deeper. He looks at the heart, at humility, at whether we are surrendered to Him before we try to stand in authority with others.

Submission can be a difficult word. For some it sounds like weakness; for others, control. But biblical submission is not defeat, the loss of dignity, or pretending your voice does not matter. It is the deliberate decision to align your will with the will of God: “Lord, I trust Your design more than my own instincts, and Your order more than my need to prove myself.”

Think about two people on a tandem bicycle. One sits in front, one sits behind, but they cannot move well unless they move together. If one pedals hard while the other resists, the ride becomes unstable. If one turns without communication, both may fall.

That is what relationships become when position matters more than posture. A marriage can have roles, but without humility those roles become weapons. A home can have structure, but without surrender that structure becomes tension. A church can have leadership, but without reverence for God it becomes control.

Notice where Paul begins: “Submitting yourselves one to another in the fear of God.” Before he speaks to wives, before he speaks to husbands, before he names any role, he names the posture—mutual submission before God. This is not about who gets their way. It is about whether God gets His way.

When our posture before God is right, our position with people becomes healthier. We do not lead to dominate or serve to be noticed. We do not submit because someone has earned our humility, but because God is worthy of our obedience.

DON'T ASK “WHAT POSITION DO I HOLD?” ASK “WHAT POSTURE AM I CARRYING?”

Defensive? • Demanding? • Self-protective? • Surrendered?

DAY 1 • JOURNAL & RESPONSE

REFLECT

1. *Name one relationship where self-assertion has replaced surrender—at home, in your marriage, your family, your workplace, or your church.*

2. *What would humility look like in that relationship this week?*

RESPOND: TODAY'S PRACTICAL STEP

Choose one specific act of humility and carry it with you today:

- ☐ Listen before responding.
- ☐ Apologize.
- ☐ Serve quietly.
- ☐ Let go of the need to win the argument.

The act of humility I am choosing today:

DAY 1 • PRAYER

PRAY

Lord, I come before You today and ask You to examine my posture. Show me where pride has taken root. Show me where I have desired position without surrender. Teach me to submit first to You, and then to walk humbly with the people You have placed in my life. Let my relationships be shaped by reverence, not control. By love, not fear. By obedience, not self-assertion. Align my heart with Your will. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Posture comes before position.

Going Deeper: Philippians 2:3–5 • 1 Peter 5:5–6 • Micah 6:8

This devotional is a tool for reflection, not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor at New Life Tabernacle Carrollwood.