

*Surrender, Part 1*  
**Bow Your Head**  
September 13, 2020

*Psalm 40:1–2 I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.*

*Luke 9:23 Then he said to them all: “If anyone would come after me he must deny himself and take up his cross daily and follow me.”*

*Matthew 26:39 Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

*Matthew 26:40-41 Then he returned to his disciples and found them sleeping. “Could you men not keep watch with me for one hour?” he asked Peter. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.”*

**1. Pick a time and a place to stand and watch**

**2. Plan your prayer**