

November 30



God is within her, she will not fall.

PSALM 46:5

Years ago, God taught me a transformation tool that I call the “Yo-Yo Prayer.”

Perhaps like me, you’ve tried for years to give a certain issue over to God. A habit, attitude, or addiction. Or an area of fear and doubt. “I’ll be different, Lord,” you’ve promised as you surrendered it to Him. And for a while you are.

But just when you think you’ve finally gained victory over that issue, there it is again—back in your hand. Somehow you’ve picked up the habit or situation once more, and you wonder if you were ever truly free. Which is exactly what Satan wants you to think.

You’re such a hypocrite, he hisses to your heart. *See? I told you nothing would ever change. You’ll never be free.*

But the real lies, of course, are Satan’s—and you must take them to Jesus immediately. For if you listen to such blasphemy you will forever remain entangled in the old “yoke of slavery” (Galatians 5:1).

I’ve found that the quicker I return whatever I’ve somehow stolen from God’s hand, the quicker I’ll have peace in my heart. But in order to give it back, I have to ignore the lies of the enemy and keep agreeing with God. “All right, Lord. I don’t know how I ended up with this, but it has no place in my life. I’m giving it back to You—now!”

As I’ve faithfully and diligently repented and turned issues over to God—no matter how many times I have to repeat the “Yo-Yo Prayer”—I’ve found that the power these issues once held over me is diminished and the string around my heart is loosened.

Until one day, when I give something to Him yet again, it doesn’t return. No more yo-yo. And no more bondage.

—*Having a Mary Spirit*



READ: 1 Timothy 4:15–16

REFLECT: Why is it important to remain diligent when it comes to living a godly life?

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