

# LOSE YOUR LIFE

**A Call to Live**

*7 Day Devotional*

**E'yen A. Gardner**

# **Lose Your Life – 7 Day Devotional**

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[www.eyengardner.com](http://www.eyengardner.com)  
[eyengardner@gmail.com](mailto:eyengardner@gmail.com)

All Scripture bible references are from the King James Version of the Holy Bible.

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## DAY ONE - TAKE NO THOUGHT

*“Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?” (Matthew 6:25-26)*

It's nearly impossible to watch television without being flooded with commercials yearning for your attention. They make you hungry and tell you about the latest clothing sale that can't be missed. This verse in Matthew tells us that it can be missed; we don't have to live off of the desires forced onto us by social media and entertainment. We can live free from worry and be satisfied by God.

What is amazing is how Jesus talks about the fact that the birds don't sow or reap but they are still fed. Their works do not feed them; they are fed because God takes care of His creation. If He'll do that for a bird, we don't have to worry about anything. Jesus challenges us to not even think about it! We can trust that God is handling our lives. Because of the love that God has for us, we can lose our life in Him. Don't stress about what you lack, just embrace what you have: God. More importantly, God has us and He will not fail us.

## DAY TWO – BE WHOLE

*“And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool; but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed, and walk. And immediately the man was made whole...” (John 5:5-9)*

A man lived with a condition for thirty-eight years trying to be healed. He had a plan; he wanted to step down into the water for his healing but someone always beat him to it. The problem was, his plan was dependent on his own performance.

Jesus asked the man, "Will you be made whole?" I can image the man thinking: *What kind of question is that? Of course, I want to be whole. That is why I am here. That is what I have wanted for thirty-eight years. Who is this man asking me such a question? Maybe if I share my plan he will help me get into the water.* The man replies and Jesus says, "Rise, take up thy bed and walk," and immediately the man was whole.

Jesus did not care about the man's plan, He was focused on the man's willingness to be healed. By receiving Jesus' words, the man rose above his circumstances and was healed. The impotent man was looking for someone to help him, ignorant to the presence of God in front of him.

Do you want to be made whole? Rise from your former way of thinking and lose yourself in the presence of God. You are healed when you are willing to receive His healing.

## DAY THREE – FACE YOUR GIANTS

*And the Philistine said, I defy the armies of Israel this day; give me a man, that we may fight together. When Saul and all Israel heard those words of the Philistine, they were dismayed, and greatly afraid. (1 Samuel 17:10-11)*

What “giants” are in your life? Are the giants speaking over your health? Are they speaking over your family or your finances? Oftentimes, when we hear their words, they cause us to live in fear. We want to be free but we can't see beyond their presence in our life. We may even be able to ignore the giants for a time but they don't go away. The giants want us to serve them; they want us to be enslaved to their ways.

Goliath never proved that he was a worthy champion to Israel; Saul and Israel merely heard his words and believed him. Because of Goliath's size, he had the ability to paralyze people through his words and caused Israel to back down to his challenges. We become paralyzed in fear because we don't want to face our giants; we would rather live in comfort and preserve our lives.

We can't avoid the giants anymore. If we die, at least let us die fighting – not hiding, for we are not facing our giants alone, God is with us. God is before us and He begins to fight our battle when we step on the battlefield and partner with Him in faith. When we turn from the giant's words to God's words, we find love and courage. We have nothing to be afraid of.

Anytime you are faced with a giant, don't listen to it - just turn to God. Cast your cares to God and let Him give you victory. Fear comes when we try to fight on our own; when we measure ourselves against the giants we face. However, when we measure the giants to God, we see that they are nothing to worry about. Face your giants and believe that God will deliver the victory to you. He will not let you down but reward you for your faith in Him.

## DAY FOUR – ABIDE IN ME

*“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (John 15: 4-5)*

In the process of living our dreams, we lose sight of what is important. We are so caught up in the carving out of our path that we forget the reason we even started on our journey. We have forgotten our inspiration. We have forgotten the One who inspired us.

After a storm, one thing you will see is fallen branches. The storm came and tested the strength of the branch’s relationship with the tree. The weak branches fall, the strong branches remain. When we follow our dreams, adversity comes but if we are connected to the spirit of God, we can rest under His shadow. Knowing our connection to Him is what will ground us during the storm. When we are out on a limb, trying to fight the storm ourselves, we get carried away by the winds of the storm. The point of the storm is to draw us closer to God – to turn from doing things our way and abide in Him. For with God all things are possible, without God nothing is sustainable.

Abiding in Christ does not keep us from the adversity; instead, it gives us peace in the midst of it. We can have confidence that every dream and promise we are given will happen. When we lose our life and forget about our own plans, we find our identity in God. We free ourselves from the weight of our own performance to rest completely in Him; giving us excitement to inspire. Abiding in God fills us with love and pushes us to dream bigger and go further in life. When people see us, they see God abiding in us. The branch is no longer seen individually, it is seen as a part of the tree. When we lose our life, we become a part of the presence of God and His presence consumes our lives in a way that touches the lives of others who are within our reach.

## DAY FIVE – WHERE IS YOUR SACRIFICE?

*“For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Much more then, being now justified by his blood, we shall be saved from wrath through him.”(Romans 5: 7-9)*

We want the world to be ours. We want the things we do to be successful. One thing that hinders us from seeing our dreams come true is sacrifice. Without sacrifice, we can't be successful. We just end up living in a world, “bouncing” from one desire to the next. One minute we want to lose weight, the next, we want to eat our favorite fattening snack.

Sacrifice is not about willpower, it is about yielding power. It is about giving up and letting go of old habits to learn new ones. Jesus was obedient unto the cross and sacrificed His life to save ours. He saw a greater desire that overshadowed his earthly desire. He wanted us to experience life like never before. What a sacrifice!

Our sacrifices may seem small but they are not. When we turn to God, we see His desire as well as the impact it will make in our life and others. Jesus lost his life so that we could find it. Are you willing to sacrifice? Are you willing to do something that will improve the lives of others? Give up to live up, for your success is rooted in your decision to sacrifice.

## DAY SIX – FORGIVENESS

*“And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking be put away from you with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” (Ephesians 4:30-32)*

When we don't forgive, we give power to the offense. Yes, it hurt us and it wasn't right. They may not deserve to be loved or even to be forgiven, but if they don't deserve love or to be forgiven, who does? No one deserves it; no one has merited it. We have all done our share of dirt and hurt someone in some way, yet, God has forgiven us. In spite of our rebellion, we are fully loved by God. We need unmerited, undeserved favor from God. When we surrender to grace, we can give grace and forgive those that have offended us.

The problem is that our identity is tied to what has occurred and we refuse to let it go. We don't want to forget, for fear that we are letting others “get away” with what they have done. I struggle with forgiving. I don't want to dismiss the actions of others, but I do want to be forgiven for what I do. Something has to give, why not give God's love and not our wrath? Why not lose our life and find our identity in God's eternal love?

To receive love, you have to let go of hate and bitterness. You have to open yourself to grace, so that it can heal your wounds. Jesus also gave his life for those that did not want his love. He died for us in spite of our rejection of Him. If Jesus could do that for us, can we forgive someone that has wronged us? The answer is: yes. We can give grace to others because we, too, have received grace and a “clean slate.”

Do you think being crucified did not hurt Jesus? Do you think He did not suffer? In comparison, what we go through is small. We can handle racism. We can handle discrimination. We can handle hatred, not because we are strong, but because we give our pain to Christ. He knows how to deal with it. We give Christ our life and He gives us the freedom to live. We are free from the burden of bitterness, wrath, and hatred and can choose to forgive. We can love because we are loved.

## **DAY SEVEN – LOSE YOURSELF IN HIM**

*“For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.” (Matthew 16:25)*

Will you surrender your life to God? We can boldly declare our love when things are going according to plan, but will we trust God when our life seems to be falling apart? It is tough to let things go when what we are holding on to is important to us. Will you let go?

Jesus gave us a promise that if we lose our life for Him, we will find life. What are we holding on to that is more important than God? We value things that are nice, but they don't compare to the presence of God. God is not forcing us to receive His promise. He is telling us that if we give up control and lose ourselves in Him, we will live a life beyond our most desired imaginations. In Him, we don't have to worry. In Him, we don't have to be afraid. In Him, we don't have to perform. God is giving us the opportunity to be free. He is offering us eternal acceptance in a world that constantly rejects us. He is offering an eternal home that we don't have to work to stay in. He is offering an opportunity to be one with Him.

Our moment is now. We can turn from trying to make our lives better through our works and rest in the finished work of Jesus. God does not want us living for Him but rather living in Him. Today, lose yourself in God and live free of worry and fear. Let love lead you, for when you do, you will always be alive.

I pray that in these last seven days, you have been inspired and encouraged to lose your life in God, so that His life can be seen through you.

## **CONTACT AUTHOR**

I would love to hear from you send me an email. Thank you in advance for your support.  
God bless you!

**E'yen A. Gardner**  
[www.eyengardner.com](http://www.eyengardner.com)  
[twitter.com/eyengardner](https://twitter.com/eyengardner)  
[eyengardner@gmail.com](mailto:eyengardner@gmail.com)