

## Diving Into Christ

### Breaking the Surface – Letting Go of What's Holding You Back

**Scripture:** *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."*

— Hebrews 12:1 (NIV)

One summer I worked for Vortex Springs which originated as a diving school that students visit from all over the world to dive and even cave dive. When a diver breaks the surface of the water, there's a moment of full surrender—leaving the safety of the air above and plunging deep below. Spiritually, many of us long to dive fully into our walk with Christ, but we're held back by things we haven't released. Let us take a look and compare

### Scuba Diving Fun Facts in comparison with Spiritual Insights!)

#### 1. Divers must release air to go deeper.

➤ *To descend, a diver has to let go of air. Spiritually, going deeper with Christ requires letting go of pride, fear, and control. Holding on keeps you at the surface.*

#### 2. Divers carry only what's necessary.

➤ *Carrying too much weight underwater can be dangerous. Likewise, carrying emotional or spiritual baggage keeps us from experiencing freedom in Christ.*

#### 3. Divers move slowly and intentionally.

➤ *Fast movements cause disorientation. In faith, moving slowly and intentionally through surrender often leads to greater clarity and peace.*

#### 4. Deep water reveals beauty you can't see at the surface.

➤ *Letting go and diving deeper with Jesus allows us to experience treasures in His presence we'd never discover from a shallow relationship.*

## 5. Divers trust their gear to survive below.

► *We must trust God's Word, Spirit, and grace to sustain us when we go deeper than we've ever been before.*

What's holding you down right now in your Dive in with Christ? Could it be sin, shame, guilt, bitterness, fear, or even comfort. Maybe it's a toxic relationship, a secret habit, or a voice from your past still whispering, "you're not enough." These weights might be hidden, but they keep us stuck just beneath the surface—never going deeper into the freedom Jesus offers.

The truth is: you can't dive in with open hands if you're still clinging to the things He's asking you to lay down. Letting go isn't easy. It takes courage to confront the things that are hindering your faith. But God never asks you to release something without replacing it with something better: *healing, peace, purpose, freedom.*

Breaking the surface means choosing to:

- Forgive when you want to stay bitter.
- Trust when it's easier to control.
- Surrender even when it's scary.
- Confess instead of hiding.
- Say yes to God, even when it's inconvenient.

When you lay your burdens at His feet, you're free to run, to swim, to dive—without chains.

### **Reflection:**

What am I holding onto that is keeping me from going deeper with God?  
What would it look like to finally let go?

**Prayer:** Lord, we confess that we've allowed fear, sin, and past hurts to keep us from going deeper. Today we surrender every weight that's been

holding us back. We trust You to carry what we can't. Help us break through the surface and step fully into the life You've called us to live.

**In Jesus' name we pray, Amen.**

**Discussion Questions:**

- What "weight" or burden have you been carrying that you know God is asking you to lay down?
- Have you experienced freedom after surrendering something in the past? What changed?
- What fears or lies have kept you from going all-in with Jesus?
- How can accountability with others help you let go and stay free?
- What's one step you can take this week to begin releasing what's holding you back?