



When You Lay Down Your Crowns

“They cast their crowns before the throne, saying, ‘Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created’” (Revelation 4:10-11).

It comes easily to recognize the crowns that we wear: our ambition, our accomplishments, our self-reliance, our pride. The world tells us we should wear them — that we are a more worthy person when we have the accolades of success — and we can easily believe that we feel more comfortable donning them, like we are naked, and meaningless, without metaphorical crowns on our heads.

And yet, we hear, in Paul’s letter to the Ephesians, that when we surrender our crowns, we receive more joy, more peace, more Jesus.

“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires” (Ephesians 4:22).

In a recent Loop, we hear Holy Spirit say to us:

“My daughter, hear the song in your heart for Me. Hear the song of longing, of beauty, of self-forgetfulness, for the sake of joy.

Surrender and receive more joy.

What is it you need to surrender? What is it you need to believe more deeply about Me? What is it, child?

Oh, come be rescued.

Oh, come hear the thunder in the distance, the rolling of the beat, my own heart speaking your name.

Lay down, my girl.

Lay down the future.

I've got you.

Lay down the past.

I've got you.

Believe I am for you, that I come for your heart in ways you don't yet even know.

But you want to know, don't you?

You want to see Me coming for you, running, my arms spread open. Daughter, turn it over again, that place in your heart that I touch, that I reach in and grasp and show you what it is you need to lay down.

Lay yourself down, my love.

It won't hurt too much. I promise. And what is pain?

Come—come deeper now.

Lay down.

Come closer.

It is only painful when the old self dies. Let it die again.

Oh, the thunder rolls. My heart beating still. Let that self be killed to receive more of Me. I promise—it's worth any temporary pain."



So, today, let's spend some time with God, asking him to help us recognize and lay down the crowns we wear for the sake of a life of greater intimacy and freedom in him.

Are you ready?

Find a quiet place where you can be alone for at least 30 minutes. Get comfortable, and empty your hands. Close your eyes as you roll your shoulders, up and back and down. Place your feet on the floor, hands open in your lap, and breathe deeply for a few minutes in a box pattern:

- Inhale through your nose for a count of four. (*Jesus...*)
- Hold for a count of four.
- Exhale for a count of four. (*You are here...*)
- Hold for a count of four.

Notice any places of tension or tightness in your body as you breathe. Do you feel any anxiety? Any fear? Any worry? Where, in your body, do you feel you are carrying these feelings now? Place your hand on your abdomen — or your chest — as you breathe, trying to ascertain where any stresses exist inside your body.

Give any stress or worries to Jesus now, emptying yourself of any concerns.

*Jesus, I give you my thoughts....
I give you my worries... (name them specifically)
I consecrate to you my ideas and emotions. Lead me. Help me to hear
you and feel you and discern your presence in me and all around me
now.*

Keep your eyes closed for as long as you need to, staying with Jesus in this moment of solitude, reflection, and peace.

Eventually, when you are ready to move on, spend at least 10 minutes with the following verses, reading them each a few times, and allowing your heart to linger over the words that feel particularly important to you and the images that come to your mind.

“The twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, ‘Worthy



are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created” (Revelation 4:10-11).

“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires” (Ephesians 4:22).

What questions do you have for Jesus as you contemplate these verses? In your journal, write out your questions for him, and listen open-heartedly for his response. Some question ideas:

Show me a picture of me lying down my crowns at your feet, Jesus. What crowns am I laying down? How am I self-reliant? How am I prideful? How am I distrusting you?

What deceitful desires can I give to you now? In what areas of my life do I want to be in control more than you?

How are you inviting me to submit to your authority, be reminded of your glory, beauty and majesty?

Continue to listen for Jesus’ voice in your heart, and write or sketch what you hear and see.

How are you feeling now about what he told you and showed you? Tell Jesus about how you are feeling now.

Jesus, I feel...

Now, return to the top of the page and reread his letter to us, in Loop: “What’s It Time For You To Do.” What is your response?

Jesus,...

Write in your journal to Jesus the deepest whispers of your heart.

Jesus...

Linger here as long as you can, listening to the following songs listed below as you worship Jesus.

Amen.



Worship Ideas:

- “Crowns Down” Gateway Worship, Josh Baldwin
Spotify | YouTube
- “Lean Back,” The Worship Initiative, Shane & Shane, Davy Flowers
Spotify | YouTube
- “Revelation Song,” REVERE, Citizens, Mission House
Spotify | YouTube
- “Crowns,” Hillsong Worship, Benjamin William Hastings
Spotify | YouTube

