

# Anchored

## Childlike Faith — Matthew 18:3-4

*‘I assure you and most solemnly say to you, unless you repent [that is, change your inner self—your old way of thinking—live changed lives] and become like children [trusting, humble, and forgiving], you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is greatest in the kingdom of heaven.’“*

— Matthew 18:3-4

Jesus doesn't say, "Grow up and get it together." He says, "Unless you become like children... you'll miss it entirely."

Let that land.

The entry point to the Kingdom is not spiritual sophistication. It's surrender. It's humility. It's dependency. It's saying, "Abba, I need You," without pretense or pride. The greatest in the Kingdom isn't the one who performs the best—it's the one who kneels the quickest.

# ANCHORED:

## Matthew 18:3-4 — Childlike Faith

*Childlike faith is not weakness—it's wisdom. It means choosing trust over fear, humility over pride, and surrender over self-reliance.*

*"I assure you and most solemnly say to you, unless you repent [that is, change your inner self—your old way of thinking—live changed lives] and become like children [trusting, humble, and forgiving], you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is greatest in the kingdom of heaven."*  
—Matthew 18:3-4 (AMP)

### Spiritually Anchored:

In the Kingdom, strength begins with surrender. And maturity looks like deeper dependency, not greater independence. Let God father you again.

### Clinical Insight:

Childlike faith reflects secure attachment—healing begins when we stop performing and start receiving.

### Anchor Thought:

True strength isn't found in how hard we train our bodies—but in how fully we surrender our lives to God.

### Life Application:

This week, ask yourself: Where am I acting like a spiritual adult—but actually resisting childlike trust? Then invite God into it. Let Him re-parent those places in you that learned to perform, pretend, or protect.

### Breathwork: "Release & Recenter (4-7-8)"

*"I Trust. I Release."*

*Inhale deeply through your nose — "Abba, I trust You."*

*Exhale slowly through your mouth — "I release control."*

*Repeat for 60-90 seconds, allowing your body to soften and your spirit to settle.*

Father,

Teach me to trust You like a child again.

Help me let go of control and receive Your love.

I choose to depend on You—not because I'm strong, but because You are.

In Jesus' name, Amen.

**Pro Tip:** Incorporate this practice before prayer or meditation to center your mind and open your heart to God's presence

## Journal Prompts:

1. Where in my life have I learned to depend on myself instead of trusting God—and what would it look like to surrender that area like a child would?

2. What early experiences may have shaped my view of asking for help, needing comfort, or admitting weakness—and how is that still affecting my relationship with God today?