

Anchored

Losing The Life That's Losing You

“The one who loves his life [eventually] loses it... but the one who hates his life in this world... will keep it for life eternal.”

— JOHN 12:25 (AMP)

We don't always recognize the life we're losing—because on the surface, it often looks like we're doing just fine. But beneath the striving, the image management, and the constant push to stay in control, there's a quiet ache we can't ignore forever. Jesus didn't come to make our survival strategies more spiritual. He came to set us free. This reflection is an invitation to pause, to listen, and to ask the deeper question: What kind of life have I been clinging to—and what kind of life is God offering me instead?

ANCHORED: Losing the Life That's Losing You — JOHN 12:25

Some of the things we fight hardest to hold onto are the very things quietly destroying us. What we call protection, Jesus may be calling us to surrender. When you let go of the life that's been shaped by fear, performance, or control—you make room for the kind of life only Christ can give.

Spiritually Anchored:

Jesus never told us to lose our lives out of guilt or fear. He invited us to surrender because He knew what we were clinging to would never lead to peace. When we build our lives around the world's values—success, approval, control, comfort—we often end up disconnected from the very source of life we need most. True surrender isn't about loss for the sake of loss. It's about letting go of what was never eternal, so we can take hold of the kind of life only He can give—one that is full, free, and deeply rooted in His presence.

Clinical Insight:

Many of the behaviors we call “normal” are actually long-standing survival strategies. The false self we develop in response to past pain can look successful, driven, or independent on the outside, but underneath, it's often marked by anxiety, disconnection, or exhaustion. From a trauma-informed lens, the moment we begin to feel how heavy that version of life has become is often the beginning of healing. It's a sign that we're ready to live from our true self—the part of us that's grounded in safety, truth, and connection, not fear. Letting go of the life that's losing you isn't weakness. It's wisdom.

Anchored Prayer

Father,

I've spent so much time building a life that looks stable on the outside but feels anxious underneath. I confess my need to control, to prove, to self-protect. I no longer want to cling to what cannot save me. Teach me how to surrender. Help me trust You with the parts I've been holding back. I want to know the life You offer—real life, full life, the kind that only comes through You.

Halleloujah and Amen.

Life Application:

Letting go doesn't mean giving up. It means choosing to live by the Spirit rather than staying stuck in survival mode. Start by naming what no longer serves you. Begin practicing small acts of surrender—pausing, praying, releasing control. The life you long for is on the other side of letting go.

Breathwork: “Name It & Release It”

This short practice is designed to calm the nervous system and reconnect your heart to the voice of your Shepherd.

Posture: Sit comfortably with your feet grounded, spine tall, and hands open on your lap—palms up in a posture of listening and surrender.

SBreathe in (4 seconds): “Jesus, I trust You.”

Hold (4 seconds): Notice what you're clinging to.

Breathe out (6 seconds): “I let go. I choose life.”

Repeat slowly for 3 cycles.

Journal Prompts:

What have I been clinging to that may be costing me deeper freedom, peace, or purpose?

What would it look like to set my mind on the things of the Spirit today — in one area of my life?