BIBLE STUDY WORKSHEET

Surrendering Control and Trusting God

Peace grows when we release outcomes into faithful hands.

Prepared by Vanessa

"Trust in the Lord with all your heart."
Proverbs 3:5

OPENING PRAYER

Heavenly Father, I confess that uncertainty often makes me tighten my grip. Teach me the difference between faithful responsibility and fearful control. Help me obey what is mine to do and release what belongs to You. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps us recognize control driven by fear, practice responsible surrender, and trust God without becoming passive.

[ ] Name what I fear [ ] Release outcomes [ ] Act faithfully [ ] Receive peace

PART 1

Control Often Hides Fear

Control can feel like protection, but it often reveals fear of disappointment, loss, or vulnerability.

> **Cast all your anxiety on him because he cares for you.**
>
> 1 Peter 5:7

TRUTH TO CARRY

God invites honesty about fear before asking us to release it.

REFLECT AND DISCUSS

What outcome are you trying hardest to control?

What fear lives underneath that effort?

What would it mean to bring that fear honestly to God?

> **Naming fear is not failure; it is the beginning of surrender.**

PART 2

Surrender Is Active Trust

Surrender is not giving up. It is choosing prayer, obedience, wisdom, and patience without demanding a guaranteed result.

> **Commit your way to the Lord; trust in him.**
>
> Psalm 37:5

TRUTH TO CARRY

We can be faithful without controlling every response or timeline.

REFLECT AND DISCUSS

What responsibility is truly yours today?

What outcome is not yours to force?

What faithful next step can you take?

> **Do the next right thing, then leave room for God to work.**

PART 3

God Is Present in Uncertainty

Trust does not require pretending that uncertainty feels easy. It means remembering that God remains present before the answer arrives.

> **When I am afraid, I put my trust in you.**
>
> Psalm 56:3

TRUTH TO CARRY

Peace is rooted in God's presence, not complete information.

REFLECT AND DISCUSS

Where do you need reassurance more than explanation?

Which truth about God steadies you?

Who can pray with you while you wait?

> **You may not know what happens next, but you do not face it alone.**

PART 4

Hold Plans With Open Hands

Wise plans matter, but they must remain open to correction, redirection, and seasons we did not choose.

> **If it is the Lord's will, we will live and do this or that.**
>
> James 4:15

TRUTH TO CARRY

Flexibility can be an expression of faith rather than defeat.

REFLECT AND DISCUSS

Which plan has become too tightly held?

How could you plan wisely while staying teachable?

What alternate path might still honor God?

> **An altered plan is not always a ruined purpose.**

PRACTICE

My Surrender Plan

Choose one situation where responsible action and open-handed trust must work together.

The outcome I have been trying to control:

The fear underneath it:

What is actually mine to do:

What I must release to God:

A person who can support me in prayer:

THIS WEEK I WILL

[ ] Pray before reacting
[ ] Take one faithful step
[ ] Stop rehearsing every outcome
[ ] Ask for wise counsel
[ ] Practice gratitude
[ ] Rest after doing my part

MY ANCHOR PRAYER

Lord, help me act with wisdom and release with trust.

CLOSING TOGETHER

Open Hands, Steady Heart

Surrender makes space for peace, flexibility, and faithful obedience.

CLOSING PRAYER

Father, loosen our grip on outcomes we cannot command. Give us courage to act, humility to listen, and peace to trust Your presence in what remains uncertain. Amen.

A WORD OF ENCOURAGEMENT

You are not powerless when you surrender; you are placing your life in stronger hands.

CLOSING CIRCLE

One outcome I am releasing today:

One faithful action I will still take:

MY DECLARATION

I will be responsible for my obedience and trust God with the outcome.

Signature

Date