

## Everyday Disciple

### How Can I Get God's Help With My Decisions?

**Psalm 32:8** *I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.*

1. \_\_\_\_\_  
**Matthew 6:10** *...your kingdom come, your will be done, on earth as it  
is in heaven.*

➤ **Step 1:** \_\_\_\_\_: *"Father, I want this..."*

➤ **Step 2:** \_\_\_\_\_: *"Father, I will say  
yes to this or no to this. Please just show me what you want."*

**Matthew 26:39** *My Father! If it is possible, let this cup of suffering  
be taken away from me. Yet I want your will to be done, not mine.*

➤ **Step 3:** \_\_\_\_\_: *"I let go of how  
this unfolds. I'm not telling what to do or when to do it. I have  
confidence that you can write this story better than I can."*

\_\_\_\_\_ : *A deliberate act of the will in which I  
yield my plans, desires, and self-rule to God's care and direction.*

\_\_\_\_\_ : *Choosing to trust God with how things  
turn out. It's a way of living where I stop trying to push, manipulate,  
or force results because I'm confident God's plan and timing are  
better than mine.*

**Surrender:** I say yes to anything you want God: \_\_\_\_\_

**Abandonment:** I trust you with how this plays out: \_\_\_\_\_

**Key:** Surrender isn't complete until you are \_\_\_\_\_  
**Proverbs 3:5-6** – *Trust in the Lord with all your heart and do not lean  
on your own understanding. In all your ways acknowledge Him, and  
He will make straight your paths.*

### Signs of Surrender: *I'm yielding my will to God*

- I pray regularly — not just to get answers, but to stay close to God.
- My prayers include listening — asking for His will, not just presenting my wish list.
- I trust His redirection — even when He closes doors, I look for what He might be inviting me into next.
- I keep coming back to Him — even when I'm disappointed or hurt.
- I welcome His guidance — asking, "What do You want in this situation?" with a willing heart.

### Signs of Abandonment: *I'm entrusting outcomes to God*

- I live with calm confidence — even before I know how things will turn out. "Bad news" doesn't rattle me.
- I trust His timing — believing He's never late, always wise, and always good.
- I release control — allowing people and circumstances to unfold without manipulation. I don't demand things turn out a certain way.
- My peace is steady — rooted in God's character, not the ups and downs of circumstances.
- I celebrate any outcome because I trust Him so much.

### Steps to Moving Into Abandonment

1. **Understand His great offer:** We can have a partnership with God where we see His activity in our life
2. **Make the decision** to surrender and abandon outcomes to Him
3. **Watch for the sign of self-trust:** Anxiety
4. **Use Scripture** to fuel your will's desire to surrender and abandon outcomes to God

### How to Move Practice Abandon a specific challenge to God

1. **Name the Outcome You're Clinging To:** "God, I'm still trying to control \_\_\_\_\_."
2. **Practice Release in the Moment:** Breathe deeply and say, "I trust You with this."
3. **Use Scripture to refocus on Who God Is:** Remember His character — powerful, wise, loving and present.
4. **Thank Him for ANY outcome sincerely** before anything happens because you know that He is working no matter what you can see.

**God, my Father and King,** I want to love you with all that I am and I want to live today fully in your kingdom. So, I bring my whole self before You now to willingly surrender to you.

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#### **SPIRIT/ HEART / WILL**

*I surrender my will to Yours. My will is so weak. So please make Your desires my desires. I let go of the illusion of control. You alone are in control and I say yes to Your rule in my life. Not my will, but Yours be done. I lay down my desire to control people, outcomes, and my image. Create in me a heart that ONLY wants what you want.*

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#### **MIND (Thoughts + Feelings)**

*I surrender my mind to you. Let your words in my mind give direction and fuel to my will. Help me bring every thought captive to you. Teach me how to think about what is true, noble, right, pure, & lovely. May my feelings not rule me, but be ruled by Your peace. Don't allow me to be driven by fear or pride. Help me see where I'm believing anything bad about you.*

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#### **BODY**

*I offer my body to you. I surrender my desires and habits. Let me speak only what You would speak, go only where You would lead, and do only what love requires.*

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#### **SOCIAL CONTEXT**

*I surrender my place in the lives of others. I give up my desire to be admired, included, or validated. Free me from any need to impress or control others. Instead, let me be a blessing today in every interaction. Use me to serve, encourage, and reconcile. Teach me to love without needing anything in return – Just like you do. Help me see each person as You do — full of value, beauty, and eternal significance.*

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#### **SOUL (Whole Life Integration)**

*My soul was made to trust you. Help me see if I am not. I surrender my soul to you. Restore my soul today. Help me respond to every problem by turning to you for grace (your power changing what I cannot change). Show me if I am holding anything back from you.*