

Everyday Disciple
How To Get God's Help With Your Toughest Problems

Step 1: Identify the _____

1 Peter 5:7 *Cast all your anxiety on Him because He cares for you.*

Anxiety, Fear, Stress, Concern, Frustration, Defeat, Upset, Scared

Step 2: _____

Key: What do I _____ in this situation?

Philippians 4:6 *Let your requests be made known to God.*

Step 3: _____

Key: I die to the desire to get _____.

Luke 22:42 *Not my will, but Yours be done.*

"Lord, I lay down my desire to get what I want when I want it. Your will be done in this situation."

Step 4: What would be possible if _____?

Matthew 19:26 *With God all things are possible.*

Step 5: What if I didn't have to _____?

Matthew 11:28–29 *Come to Me, all who are weary and burdened... and you will find rest for your souls.*

"This is too hard for me. I hand it to You now."

Step 6: Can I _____?

Ephesians 3:20 *He is able to do immeasurably more than all we ask or imagine.*

Step 7: _____

Psalms 37:5 *Commit your way to the Lord; trust in Him, and He will act.*

"I surrender this situation to JC. You are in charge here. I don't want to carry this anymore. This is too hard. I'm going to choose to trust in you. I can't wait to see what you do."

1 Thing I'm struggling with today:

What do I really want?

Key Steps:

- **Choosing trust over outcomes** – We do not gripe and complain when bad things happen to us, but remember that there is no suffering that God cannot use for our good.
- **Holding on to God's goodness:** Believing God is good, regardless of what happens.
- **Practicing "death to results"** – You obey God without needing to manipulate outcomes.
- **Praying, "Into Your hands..."** – Like Jesus, you release your life completely to the Father.

Indicators You're in This Stage:

- You stop arguing with reality or demanding things turn out a certain way.
- There is a *settled trust* in God's character, even when life is uncertain.
- You say, "Whatever You want, God, and however You bring it—I'll go with You."

is there anything I believe about God that will keep me from abandoning myself fully to His love and care?

"Father, today I will make plans, work hard, and love well—but I will not demand results. I give the outcomes of this day to You. I trust that being with You and under Your rule is better than anything I might gain or lose today."

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 in order to willingly surrender to you.

SPIRIT/ HEART / WILL

I surrender my will to Yours. May Your desires become my desires. I let go of the illusion of 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.

MIND (Thoughts + Feelings)

I surrender my mind to you. Let your word 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.

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.

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.

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.

“Father, You see my desire — I wanted this opportunity so much. I feel disappointed, hurt, and unseen. Right now, I surrender my grip on how

I thought this should go. I release my boss, the promises, and the position to You. You are my Provider, not her. You open and close doors according to Your wisdom, not my timeline. Help me to trust that You are still writing a good story — even when this part feels unfair. I die to my need to understand, and I choose instead to rest in Your care.

Heal my heart so that bitterness doesn't take root. Help me forgive freely, and keep my heart soft and teachable. I don't have to make this right — You already will. Teach me to wait with open hands and a quiet spirit, believing that nothing withheld by man can cancel what You intend for me. In Jesus' name, Amen.”