Week 1 Challenge
Surrender

Each day this week practice the following habit of surrender.

Begin the day with an open-handed prayer

Before you check your email, read the news, or discover what fresh chaos the world has prepared for you, take a few moments to pray.

"Father, this day belongs to you. My time, my relationships, my work, and my plans belong to you. Help me do what is faithful today and help me release what I cannot control. Today your will be done"

Sit quietly with your hands open.

Open hands remind us that we are not gripping the world. We are receiving life from God and placing our lives in his hands.

When anxiety rises, identify what you're trying to control

Ask yourself:

"What am I afraid will happen?"

"What part of this situation is mine to address?"

"What am I trying to control that I need to entrust to God?"

Then pray specifically.

"Lord, I'm afraid I'll disappoint someone."

"Lord, I don't know how this financial situation will work out."

"Lord, I want to control this person's response."

Naming your fear before God is not a failure of faith. It is an act of honesty.

End the day by releasing what you cannot finish.

Pray this prayer at the end of each day.

"Father, I have done what I can do today. Forgive me where I have failed.

Help me make things right where I need to. I entrust the unfinished work,

the unanswered questions, and the people I love to you. Give me rest."

You are allowed to sleep before every problem is solved.

You are allowed to rest while God continues to be God.

You are allowed to close your eyes without knowing everything that will happen tomorrow.