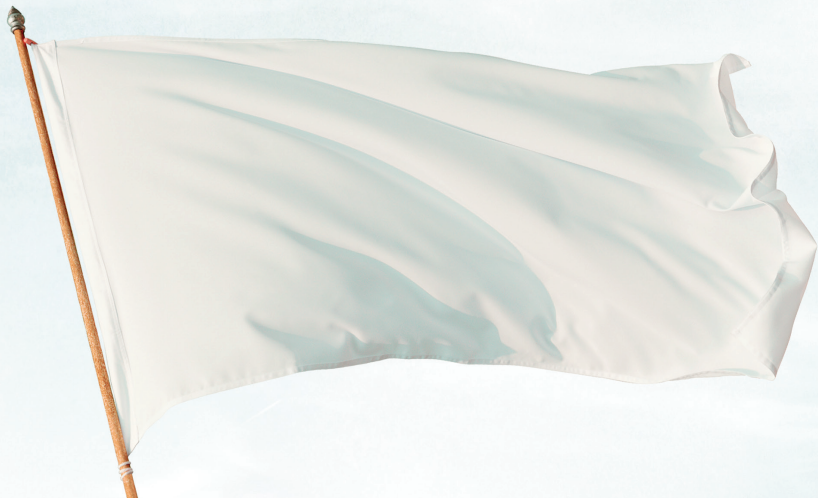


# Surrendered

## SIX SURRENDER PRINCIPLES

Develop a practice of repeating these six surrender principles daily and activating one or more of them whenever fear flows through your heart or you are tempted to flee, fix, or force a situation.

1. I am not in control of others or outcomes.
2. I choose to live by faith, not rush to follow my feelings.
3. I can always let go and give my problems to God.
4. Trusting God's promises will bless me but pushing my plans will stress me.
5. When fear tempts me to flee, fix, or force my way, I will choose to stop and pray.
6. Surrender is my only path to God's peace, power, and provision.



# AVAILABLE FROM BARB ROOSE

## BIBLE STUDIES

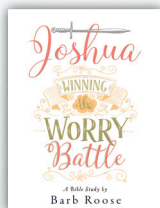


In *Surrendered*, a six-week Bible study of Jesus in the wilderness, speaker, author, and Bible teacher Barb Roose explores Jesus' time of testing and contrasts it with the Israelites' failures in the wilderness. Learn from Jesus' example and discover six principles to equip you to let God lead you to victory despite your circumstances and learn how to surrender like Jesus and experience God's power and peace in your life.

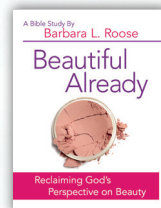
*Surrendered: Letting Go and Living Like Jesus*  
Participant Workbook | 9781501896286 | \$16.99  
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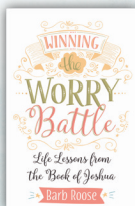


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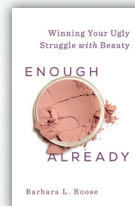


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Participant Workbook | 9781501813544 | \$15.99  
Leader Guide | 9781501813566 | \$13.99  
DVD | 9781501813580 | \$49.99

## COMPANION BOOKS



*Winning the Worry Battle: Life Lessons from the Book of Joshua*  
9781501857843 | \$16.99



*Enough Already: Winning Your Ugly Struggle with Beauty*  
9781426789014 | \$15.99



Barb Roose is a popular speaker and author who is passionate about helping women apply the truths of God's Word to the practical realities and challenges they face in today's culture, equipping them to win at life with strength and dignity. She enjoys teaching and encouraging women at conferences and retreats across the country, as well as internationally. Barb is the author of four Bible studies (*Surrendered*, *I'm Waiting, God*, *Joshua*, and *Beautiful Already*) and two books (*Winning the Worry Battle*, and *Enough Already*). She also writes a regular blog at [BarbRoose.com](http://BarbRoose.com) and hosts the "Together" podcast. Previously Barb was executive director of Ministry at CedarCreek Church in Perrysburg, Ohio. Barb lives with her family in Toledo, Ohio. Connect with Barb at [BarbRoose.com](http://BarbRoose.com).

Find samples and excerpts at [AbingdonWomen.com/BarbRoose](http://AbingdonWomen.com/BarbRoose).  
Bible studies and books by Barb Roose are available wherever books are sold.