

# Letting Go Loop

Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways submit to him, and he will make your paths straight.

-Proverbs 3:5-6

## Awareness

Am I trying to control others or outcomes right now?

## Arrest

What do I need to stop trying to protect, fix, or force to make happen?

## Acceptance

Where do I need to acknowledge the reality that I do not have control but God can and will handle it?

## FaithFULL Action

How can I show faith, unconditional love, and wisdom without control-loving behaviors?

## Prayer

Thank you, God, for being God. There are situations in my life that I cannot handle, and I am grateful that You can. I'm giving those situations over to You. Thank you for taking care of me and what I cannot control. In Jesus' name, Amen.



*from Surrendered:  
Letting Go and Living  
Like Jesus, Week One*

# Surrendered

Letting Go & Living Like Jesus

By Barb Roose

