"Father, if you are willing, take this cup from me; yet not my will, but yours be done."

Luke 22:42 NIV

1. God asks us to surrender everything to Him, but we can't do it on our own! Ask Jesus to give you His surrender: Matt 19:26 NIV -- With man this is impossible, but with God all things are possible.
2. Generate a list of things that are "yours" and record them in the space below.

a. Relationships

b. Material Resources

c. Talents, Strengths, Skills

d. Passions, Dreams, Expectations

3. Take each item on the list you generated in Question #1 and consider the following:
   a) Give each of these people or things to God, praying something like this:
      - *Dear God, I give you _____. I recognize the truth that he/she/it belongs not to me but to You.*
      - *Lord, I surrender to You every thought, feeling, resentment, or fear that is related to this part of my life.*
      - *I lay down all the ways I have let this person/thing define my identity. I put aside any ways in which I've knowingly or unknowingly put my security and significance in him/her/it.*
      - *Thank You that "I know the One in whom I trust, and I am sure that He is able to guard what I have entrusted to Him until the day of his return."* (1 Tim 1:12)
      - *Lord, please remind me of this prayer when I am tempted to try to regain control of this person/thing.*

   b) Take note of any reluctance you might have that would keep you from giving God total control of this part of your life. Put a check mark on your list (on page 1) next to any item that requires a significant effort to release to God. Pray, asking Him to reveal the reasons behind your reluctance. Keep a record of those insights:

   c) Identify any tendencies that indicate your desire to inappropriately control (c), protect (p), or take responsibility (r) for the items on your list. For every instance of control, protection or responsibility, write the corresponding letter next to the items to which they apply. Look for any patterns that can be spotted as a result of this exercise and record them here. Describe what you discovered:

   d) How does it feel to release these things to God? Are you experiencing more or less stress and anxiety than before? Journal about the process as you continue to pursue a surrendered heart concerning everything you hold dear:

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