



# Letting Go of Control



Struggling to release control? This 7-day guide helps women find peace through surrender, trust God fully, and embrace His perfect plan with faith.

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## Introduction: Surrendering the Illusion of Control

Many women carry an invisible weight—trying to manage outcomes, prevent pain, and plan every detail of life. Whether you're managing a home, building a career, raising children, or caring for loved ones, it can feel like the world will fall apart if you don't hold it all together.

But that's the lie: **we were never created to control everything**. God didn't design us to carry the burden of sovereignty. That's His role—and He's very good at it.

This 7-day study is an invitation to **surrender**, not in defeat, but in **freedom**. By exploring Scripture, journaling, and praying, you'll begin releasing your grip on control and learning to trust the One who holds all things together.





## Day 1: The Illusion of Control



## Day 1: The Illusion of Control

## Your Verse

*“Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.” —Proverbs 19:21 (NIV)*

## Supporting Scriptures

- ***Proverbs 16:9 (NIV)***

*“In their hearts humans plan their course, but the Lord establishes their steps.”*

- ***Isaiah 55:8–9 (NIV)***

*“For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord.”*

- ***Psalms 37:5 (NIV)***

*“Commit your way to the Lord; trust in him and he will do this.”*



## Day 1: The Illusion of Control

# Devotional

Control often feels like protection. If we can schedule every appointment, double-check every detail, or predict every outcome—then maybe we won't be blindsided. Maybe we can prevent pain. Maybe we can hold it all together.

But control is an illusion. It convinces us that we're safer when we're steering the wheel, even when the road ahead is unclear. The truth is that *only God* can see the whole road. Only He knows what's coming around the bend.

Letting go of control doesn't mean apathy. It means trust. It's the posture of open hands instead of clenched fists. It's releasing our grip on outcomes we can't force and learning to believe that God's purposes—even when unexpected—are good.

Control feeds anxiety. Surrender feeds peace.



## Day 1: The Illusion of Control

# Reflect and Apply

- What situation in your life do you feel desperate to control right now?

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- What emotions rise up when you feel things slipping beyond your control?

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- Do you believe God's plans are truly better than your own?

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## Day 1: The Illusion of Control

# Journaling Prompts

1. Lord, the area I've been trying hardest to control is: \_\_\_\_\_

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2. What fears are fueling my need for control in this area?

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3. Write a prayer releasing this burden to the Lord.

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## Day 1: The Illusion of Control

## Prayer for Today

Lord, I've been carrying too much. I've gripped things so tightly, thinking it would protect me—but it's just made me anxious. Teach me to let go and to trust You. I surrender what I can't control and ask for peace in its place. Thank You for holding the future in Your hands. In Jesus' name, amen.





## Day 2: Trusting God's Timing



## Day 2: Trusting God's Timing

## Your Verse

*“He has made everything beautiful in its time.” —Ecclesiastes 3:11a (NIV)*

## Supporting Scriptures

- ***Habakkuk 2:3 (NLT)***

*“This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place.”*

- ***Psalms 27:14 (NIV)***

*“Wait for the Lord; be strong and take heart and wait for the Lord.”*

- ***Galatians 6:9 (NIV)***

*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*



## Day 2: Trusting God's Timing

# Devotional

Few things challenge our faith like waiting.

When doors stay closed...

When healing is slow...

When dreams remain just out of reach...

It's easy to assume God is silent, or worse—indifferent. But waiting is not wasted time in God's economy. It's refining time. The delay is not a denial—it's divine preparation. Just as a seed needs to rest underground before it grows, God often does His deepest work in our unseen, in-between seasons.

The world says, "Hustle harder." God says, "Be still." The world says, "You're behind." God says, "My timing is perfect." Letting go of control means letting go of your timeline and embracing God's. He sees what you cannot see. His delays are not rejections but redirections toward what's best.

Can you trust Him—even in the wait?



## Day 2: Trusting God's Timing

# Reflect and Apply

- What are you currently waiting for in your life?

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- How does the waiting make you feel—anxious, frustrated, hopeless?

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- Have you ever seen how God's timing worked out better than your own in the past?

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## Day 2: Trusting God's Timing

# Journaling Prompts

1. God, the area where I'm struggling to trust Your timing is: \_\_\_\_\_

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2. I confess that I've been trying to rush ahead because: \_\_\_\_\_

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3. Lord, help me be still while I wait. Teach me to find joy and strength in this in-between season.

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## Day 2: Trusting God's Timing

## Prayer for Today

Father, I'm tired of rushing ahead. I confess I've doubted You in this waiting season. But I want to trust You. I want to believe that Your timing is perfect, even when I can't see it. Help me to rest in Your plan and lean on Your promises while I wait. In Jesus' name, amen.





## Day 3: Releasing the Need to Fix Everyone





## Day 3: Releasing the Need to Fix Everyone

## Your Verse

*“Cast all your anxiety on him because he cares for you.” —1 Peter 5:7 (NIV)*

## Supporting Scriptures

- ***Romans 14:4 (NIV)***

*“Who are you to judge someone else’s servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand.”*

- ***Proverbs 3:5–6 (NIV)***

*“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.”*

- ***Matthew 7:3–5 (NIV)***

*“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”*



## Day 3: Releasing the Need to Fix Everyone

## Devotional

You care deeply. And that's a beautiful thing.

But sometimes, that deep care becomes an invisible burden—a relentless drive to fix everyone and everything around you. You replay conversations. You feel responsible for someone else's choices. You take on guilt that isn't yours.

There's a difference between compassion and control.

God didn't call you to be the Savior. That role is already filled. The need to fix others often flows from fear—not faith. We think if we just say the right words, offer the perfect advice, or step in at the right moment, we can change their outcomes. But true surrender means releasing others to God's care, even when we don't like how He's handling their journey.

Letting go isn't giving up—it's giving over.



## Day 3: Releasing the Need to Fix Everyone

# Reflect and Apply

- Who in your life are you trying to “fix” right now?

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- How does their struggle affect your peace?

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- What fears are driving your desire to control their outcome?

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## Day 3: Releasing the Need to Fix Everyone

# Journaling Prompts

1. Lord, the person I'm struggling to release into Your hands is:

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2. I've been trying to fix them by: \_\_\_\_\_

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3. I surrender their story to You today. I trust that You love them even more than I do.

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## Day 3: Releasing the Need to Fix Everyone

## Prayer for Today

God, I confess that I've been trying to control the people I love. I've stepped into Your role, thinking I knew what was best. But I am not You. You are the One who changes hearts, redeems lives, and writes better stories than I ever could. Help me love without control and serve without saving. I release them into Your hands. In Jesus' name, amen.





## Day 4: Releasing the Outcome



## Day 4: Releasing the Outcome

## Your Verse

*“The heart of man plans his way, but the Lord establishes his steps.” — Proverbs 16:9 (ESV)*

## Supporting Scriptures

- **Isaiah 55:8–9 (NIV)**

*“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’”*

- **James 4:13–15 (NIV)**

*“Now listen, you who say, ‘Today or tomorrow we will go to this or that city...’ Why, you do not even know what will happen tomorrow... Instead, you ought to say, ‘If it is the Lord’s will, we will live and do this or that.’”*

- **Psalms 37:5 (NIV)**

*“Commit your way to the Lord; trust in him and he will do this.”*



## Day 4: Releasing the Outcome

## Devotional

What if it doesn't turn out the way you hoped?

One of the deepest sources of anxiety for many women isn't just the situation itself—it's the outcome. We cling to a specific vision for how life *should* unfold, and when the pieces don't line up, we spiral into fear, frustration, and despair.

But surrender is more than just releasing control of people or plans—it's releasing the *results*.

You can do everything right and still not get the outcome you prayed for. That's not failure. That's trust being tested. Letting go of the outcome doesn't mean you're indifferent—it means you've decided to trust God's goodness *regardless* of what happens.

Faith is rooted in *who* God is, not just *what* He does.





## Day 4: Releasing the Outcome

# Reflect and Apply

- Is there an outcome I've been trying to force?

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- How do I respond when God's timeline or method doesn't match my expectations?

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- What would it look like to fully trust God with the end result?

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## Day 4: Releasing the Outcome

# Journaling Prompts

1. God, the outcome I'm afraid of is: \_\_\_\_\_

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2. The result I keep trying to control is: \_\_\_\_\_

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3. Today, I lay that outcome at Your feet. I will walk in faith, not fear.

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## Day 4: Releasing the Outcome

## Prayer for Today

Lord, You know the desires of my heart, and You see the outcomes I long for. But I confess that I've tried to manipulate or rush things in order to get what I want. Forgive me for holding onto results more tightly than I hold onto You. Teach me to walk in obedience without demanding specific outcomes. Help me rest in Your will, knowing that You work all things for my good. In Jesus' name, amen.





## Day 5: Trusting God's Timing



## Day 5: Trusting God's Timing

## Your Verse

*“He has made everything beautiful in its time.” —Ecclesiastes 3:11a (NIV)*

## Supporting Scriptures

- ***Habakkuk 2:3 (NLT)***

*“This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.”*

- ***Psalms 27:14 (ESV)***

*“Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!”*

- ***Isaiah 40:31 (NIV)***

*“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*



## Day 5: Trusting God's Timing

# Devotional

Waiting is one of the most challenging spiritual disciplines. In a world driven by instant gratification, God's timing can feel... inconvenient. Frustrating. Even silent.

But His delays are not His denials.

God is not withholding to be cruel. Sometimes, He's protecting you. Sometimes, He's preparing you. Often, He's doing both.

Every minute of waiting is infused with purpose. When we surrender our clocks and calendars to God, we gain something more valuable than quick answers—we gain intimacy. In the waiting, we hear His whispers. In the quiet, our character is refined.

God is never late. He's simply not bound by our expectations.



## Day 5: Trusting God's Timing

## Reflect and Apply

- What are you currently waiting for God to do in your life?

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- How has impatience affected your peace?

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- Where might God be inviting you to grow during this season of waiting?

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## Day 5: Trusting God's Timing

# Journaling Prompts

1. Lord, I've been waiting for \_\_\_\_\_

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2. I confess that I've struggled with impatience and doubt.

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3. Help me to trust that Your timing is best, even when I don't understand.

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## Day 5: Trusting God's Timing

## Prayer for Today

Father, thank You for reminding me that Your timing is perfect. Though I may feel stuck or forgotten, You are always working behind the scenes. Help me to wait on You with a hopeful and trusting heart. Strengthen my faith when delays cause fear to rise. I believe that You make all things beautiful in Your time—even the parts I don't yet understand. In Jesus' name, amen.





## Day 6: Living Free from the Approval of Others



## Day 6: Living Free from the Approval of Others

## Your Verse

*“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.” —Galatians 1:10 (NIV)*

## Supporting Scriptures

- ***Proverbs 29:25 (NIV)***

*“Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.”*

- ***Colossians 3:23 (ESV)***

*“Whatever you do, work heartily, as for the Lord and not for men.”*

- ***1 Thessalonians 2:4 (NLT)***

*“For we speak as messengers approved by God to be entrusted with the Good News. Our purpose is to please God, not people. He alone examines the motives of our hearts.”*



## Day 6: Living Free from the Approval of Others

## Devotional

In a culture obsessed with likes, followers, and filtered approval, it's easy to lose ourselves trying to win the favor of others. Single women often face unspoken expectations, subtle pressures, and silent comparisons that whisper, "You're behind," or "You're not enough."

But the truth of Scripture is radically freeing: You were not created to please people. You were created to serve and glorify God.

Paul reminds us in Galatians that if we live for human approval, we cannot fully live as servants of Christ. Approval addiction is a trap—it leads us to perform, to pretend, to seek validation from broken systems.

God's approval is already yours through Christ. You don't need to earn it, fake it, or strive for it. You are fully seen and fully loved by the One who matters most.

Living free from people-pleasing doesn't mean you ignore others—it means you stop making their opinions your idol.



## Day 6: Living Free from the Approval of Others

# Reflect and Apply

- Whose approval have you been chasing lately?

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- How has people-pleasing distorted your decisions or identity?

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- What would it look like to live confidently in God's approval instead?

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## Day 6: Living Free from the Approval of Others

# Journaling Prompts

1. Lord, I often look for validation from \_\_\_\_\_.

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2. Help me to release the pressure to impress others and focus on pleasing You.

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3. I want to be rooted in the truth of who You say I am.

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## Day 6: Living Free from the Approval of Others

## Prayer for Today

God, I confess that I've spent too much time living for the praise of others. Free me from the trap of comparison and performance. Remind me that Your approval is the only one that truly matters. Help me to walk confidently as Your daughter—secure, beloved, and bold. In Jesus' name, amen.





## Day 7: Embracing the Strength of God's Grace





## Day 7: Embracing the Strength of God's Grace

## Your Verse

*“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” —2 Corinthians 12:9 (NIV)*

## Supporting Scriptures

- **Isaiah 40:29 (NIV)**  
*“He gives strength to the weary and increases the power of the weak.”*
- **Psalms 73:26 (ESV)**  
*“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”*
- **Hebrews 4:16 (NIV)**  
*“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*



## Day 7: Embracing the Strength of God's Grace

## Devotional

Life doesn't always feel like victory. There are moments when being single weighs heavy—when loneliness whispers, “You're forgotten,” and exhaustion creeps in after carrying everything alone. But it's in these moments that grace meets us.

Paul's words to the Corinthians remind us that God's strength shines brightest in our weakness. His grace isn't a concept—it's a current of divine strength that flows into our tired hearts. It empowers us not just to endure but to flourish, even when life doesn't follow the script we imagined.

Grace says: You don't have to be strong all the time.

Grace says: My power is made perfect right where you feel weakest.

Grace says: You're not forgotten—you're chosen.

When we lean into grace, we stop trying to do it all ourselves. We rest in God's provision, God's timing, and God's faithful hands. Whether or not your story includes marriage, children, or a “perfect life,” your story is covered, sustained, and made beautiful by grace.



## Day 7: Embracing the Strength of God's Grace

# Reflect and Apply

- Where do you feel most weak or weary today?

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- How has God's grace shown up in your life already?

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- What would it look like to fully embrace His grace instead of striving?

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## Day 7: Embracing the Strength of God's Grace

# Journaling Prompts

1. Lord, I often feel weak in the area of \_\_\_\_\_.

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2. Teach me to rest in Your grace instead of trying to prove my worth.

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3. Help me see that my strength comes from You and not from within myself.

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## Day 7: Embracing the Strength of God's Grace

## Prayer for Today

Heavenly Father, thank You for the gift of Your sustaining grace. I admit that I try to carry too much on my own. I lay down my burdens today and open my heart to the power of Your Spirit. Fill me with confidence that Your grace is enough for my every need. In Jesus' name, amen.





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