Letting Go with Faith: A Man's Journey to Surrender



Discover how men can find peace by surrendering control with faith, embracing changes in driving, home upkeep, and independence.





Table of contents

<u>Introduction</u>	3
Day 1: Recognizing the Need to Let Go	4
Day 2: Accepting Change in Abilities	10
Day 3: A Trusting God with Our Homes	16
Day 4: Embracing Help as a Strength	22
<u>Day 5: ♥ Finding Peace in God's Sovereignty</u>	28
Day 6: X Renewing Identity Beyond Control	34
Day 7: S Embracing Peace Through Surrender	40







Introduction

Men often find their identity in control—whether it's driving, managing their homes, or living independently. These areas can feel like cornerstones of self-reliance and dignity. But what happens when circumstances challenge that control? Maybe a medical condition slows you down, or the responsibilities once easily handled become overwhelming.

This seven-day study invites you to explore the Christian path of embracing surrender with faith. Instead of resisting change, discover how letting go can open a door to peace, renewed trust, and hope. Jesus Himself teaches that "the kingdom of God belongs to those who come to Him like children" (Mark 10:15)—trusting without grasping tightly.

Throughout these days, we'll journey together through Scriptures that speak directly to our struggles and God's gentle invitation to release control. Learn to lean on God's promises rather than your own strength, finding confidence in His unwavering presence even when independence fades.

This study redefines courage: it's not holding on tightly to what once was but embracing change with faith—surrendering in peace. Let's begin this journey of hope and trust alongside the God who holds all things, inviting you to rest in His care and guidance through every season of life. \triangle

















Your Verse

Proverbs 3:5-6 - "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."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Trusting God Beyond Our Understanding

Often, the hardest first step is admitting we can't do it all. As men, society tells us to be strong, to maintain control—whether that's behind the wheel, maintaining the home, or managing daily responsibilities. But what if control is an illusion?

Proverbs 3:5-6 encourages us to trust God instead of our limited understanding. This means surrendering the urge to control every detail and allowing God to direct our path. When driving fades from our abilities or home upkeep becomes difficult, it may feel like losing independence. Instead, it's God inviting us to trust Him more deeply.

Psalm 46:10 reminds us to "be still and know that I am God." In the stillness of surrender, peace replaces anxiety. Today, reflect on where you cling too tightly to control. What would happen if you handed those concerns over to God?







Reflect and Apply

1.	Where in my life am I most afraid to lose control?
2.	How does trusting God challenge my usual way of thinking or acting?
	What feelings arise when I consider surrendering my independence to God?







Journaling Prompts

1.	Write about a recent situation where you struggled to let go of control.
2.	List three areas in your life you need to submit to God's guidance.
3.	Describe what trusting God looks like to you in practical terms.







Prayer for Today

Lord, help me see that my strength comes from You, not my control. Teach me to trust You when everything feels uncertain. Calm my restless heart and guide my steps as I learn to surrender. Fill me with peace that passes understanding, reminding me You hold every part of my life. In Jesus' name, Amen. 🙏 🖏 💞

















Day 2: 🚗 Accepting Change in Abilities

Your Verse

Psalm 71:9 - "Do not cast me away when I am old; do not forsake me when my strength is gone."

Supporting Scriptures

- Isaiah 40:30–31 "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 2: 🚗 Accepting Change in Abilities

Devotional: God's Strength in Our Weakness

Aging and changing capabilities can feel like a loss of identity, especially for men accustomed to strength and independence. Psalm 71:9 voices the heartfelt plea not to be cast aside when our abilities decline. Yet, this is exactly when God promises His presence more than ever.

Isaiah 40:30–31 speaks of youth growing weary but those who hope in the Lord renewing their strength. Even in moments when driving or home upkeep become challenging, God's grace enfolds us.

Paul reminds us in 2 Corinthians 12:9 that God's power shines brightest in our weakness. Accepting help is not failure but humility. It's an opportunity to lean on the Lord's strength rather than our own pride. How might this perspective change your view on your current season?







Day 2: \bigcirc Accepting Change in Abilities

Reflect and Apply

1.	What emotions do I feel about my changing abilities?
2.	How does God's promise of strength in weakness encourage me?
3.	In what ways can I embrace God's grace instead of resisting change?







Day 2: \bigcirc Accepting Change in Abilities

Journaling Prompts

1.	Reflect on a time you experienced weakness and how God showed up.
2.	Write how you might accept help with peace instead of frustration.
3.	Identify scriptural promises that give you hope in this season.







Day 2: 🚗 Accepting Change in Abilities

Prayer for Today

Father, when I feel weak and less capable, remind me You are my strength. Help me accept changes with grace and trust Your power working through my limitations. Teach me humility and dependence on You so I can find peace amid challenges. Thank You for Your unfailing love. Amen.

















Day 3: Trusting God with Our Homes

Your Verse

Psalm 127:1 - "Unless the Lord builds the house, the builders labor in vain."

Supporting Scriptures

- Proverbs 24:3-4 "By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures."
- John 14:27 "Peace I leave with you; my peace I give you."







Day 3: Trusting God with Our Homes

Devotional: God, the True Builder of Our Homes

Maintaining a home is a source of pride and security for many men, but what if the ability to sustain it fades? Psalm 127:1 reminds us that a house built without God's help is ultimately in vain. True security and peace come from Him, not our own effort.

Proverbs 24:3-4 teaches that wisdom and understanding are key to establishing a lasting home. Inviting God into every corner of life means surrendering control and trusting His plan, even if the physical upkeep is no longer in our hands.

Jesus promises in John 14:27 a peace that endures through life's storms. Letting go means exchanging anxiety for His peace. Today, consider how much of your home's care you need to entrust to God and others, embracing His provision and guidance.







Day 3: 🛕 Trusting God with Our Homes

Reflect and Apply

How do I define a secure and well-kept home?
What fears come up when I consider needing help with my home?
How can I invite God's peace to rule in my heart about my home's care?







Day 3: 🛕 Trusting God with Our Homes

Journaling Prompts

Write about your feelings related to home upkeep and independence.
Describe what a 'God-built' home looks like beyond the physical structure.
Reflect on how peace from God changes your perspective on control.







Day 3: n Trusting God with Our Homes

Prayer for Today

Lord, You are the foundation of my home and life. When I feel overwhelmed or unable to maintain what I once did, help me entrust my home and its care to You. Fill me with Your peace, replacing worry with confidence in Your perfect provision. Amen. 🟠 🖏







Day 4: 🂝 Embracing Help as a Strength









Day 4: 🂢 Embracing Help as a Strength

Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 4: 🌣 Embracing Help as a Strength

Devotional: Strength in Community and Support

As men, accepting help can feel like weakness, but the Bible flips this notion. Ecclesiastes 4:9–10 highlights the power of partnership. We were not made to bear burdens alone.

Galatians 6:2 commands us to carry each other's burdens, fulfilling Christ's law of love. When independence fades, leaning on friends, family, or church community is an act of faith and wisdom.

Philippians 4:13 reminds us our true strength comes through Christ. Accepting help doesn't diminish this; it highlights our trust in God's strength working through others.

Consider today how accepting support might be a powerful step toward peace and grace.







Day 4: 🂢 Embracing Help as a Strength

Reflect and Apply

1.	Why is it difficult for me to ask for or accept help?
_	
_	
2. I	In what ways can community reflect God's strength to me?
-	
3. I	How does Christ's strength empower me to let go and embrace support?
_	
_	







Day 4: 🂢 Embracing Help as a Strength

Journaling Prompts

List people in your life you can lean on and how you might reach out.
Write about a time help strengthened you instead of weakening you.
Reflect on what pride or fears I need to surrender to accept help.







Day 4: 🌣 Embracing Help as a Strength

Prayer for Today

Heavenly Father, teach me to embrace help as a gift from You. Remove pride and fear that keep me isolated. Surround me with a supportive community and remind me that Your strength shines in my weakness. Help me surrender control and receive Your peace through others. Amen. \heartsuit \r







Day 5: Sinding Peace in God's Sovereignty









Day 5: "S Finding Peace in God's Sovereignty

Your Verse

Romans 8:28 - "And we know that in all things God works for the good of those who love him."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 5: Sirinding Peace in God's Sovereignty

Devotional: Resting in God's Perfect Plan

Letting go is often accompanied by anxiety about the future, but God's sovereignty brings peace beyond understanding. Romans 8:28 assures us that God orchestrates all things for our good when we love Him.

Isaiah 26:3 promises perfect peace to those who keep their minds focused on God. This peace is not dependent on circumstances but on the steadfast trust in God's control.

Jesus invites the weary and burdened to come to Him for rest (Matthew 11:28). Surrender involves walking into His arms with our fears and struggles, allowing Him to carry us.

Today, meditate on God's sovereign plan and ask Him to deepen your trust, releasing all control into His capable hands.







Day 5: "S Finding Peace in God's Sovereignty

Reflect and Apply

1.	How does trusting in God's sovereignty ease my worries?
2.	What does perfect peace look like in my current struggles?
3.	How can I practically 'come to Jesus' with my burdens each day?







Day 5: W Finding Peace in God's Sovereignty

Journaling Prompts

1.	Describe what worries you most about losing control.
2.	Write a prayer surrendering these worries to God's care.
3.	Reflect on moments you have experienced God's peace amid trouble.







Day 5: W Finding Peace in God's Sovereignty

Prayer for Today

Lord, I surrender all my worries and plans to Your perfect will. Help me trust that You work all things for good, even when I can't see it. Fill me with Your peace and rest my weary heart in You alone. Teach me daily to lean on Your sovereign care. Amen. 😂 🙏 👀















Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."







Devotional: Living New in Christ, Not Control

Many men tie their identity to what they control or accomplish. Yet, Scripture points us to a new identity in Christ rather than our roles or abilities.

Galatians 2:20 declares that our old self dies and Christ lives in us. This identity transcends physical capabilities or independence.

Ephesians 2:10 reminds us we are God's handiwork, created for good works. Our value is rooted in God's purpose, not our current capacity.

Colossians 3:23 encourages us to do all things as if working for the Lord. Even in surrender, our hearts and intentions reflect God's glory, revealing true strength through faith.

Reflect on renewing your identity in Christ today, releasing old definitions tied to control.







Reflect and Apply

1.	How have I defined my worth by control or independence?
2.	What does it mean to live through Christ rather than myself?
۷.	
3.	How can I honor God's purpose even when abilities change?







Journaling Prompts

1.	Write about how your identity is shaped by faith, not control.
2.	List ways to serve or glorify God that don't rely on physical strength.
3.	Reflect on how Christ's life in you gives new purpose daily.







Prayer for Today

Jesus, help me live fully as Your follower, not defined by control or ability. Renew my heart to find identity in You alone. Guide me in doing good works that bring You glory, trusting You with the outcomes. Strengthen me in this new life. Amen. 💸 🙏 💪







Day 7: Surrender









Day 7: W Embracing Peace Through Surrender

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Day 7: W Embracing Peace Through Surrender

Devotional: Peace that Guards Our Hearts and Minds

Surrender culminates in a peace that protects us amid life's uncertainties.

Philippians 4:6-7 invites us to replace anxiety with prayer, petition, and thanksgiving.

God's peace surpasses human understanding and actively guards our hearts and minds. Instead of clinging to control, we can cast every worry on Him, knowing He cares deeply.

Matthew 6:34 encourages us not to be consumed with future concerns but to trust God day by day.

Today, take a deep breath and let go of the fears. Practice presenting your requests to God with a thankful heart. Embrace His peace as a shield, leading you into restful surrender and confident faith.







Day 7: ♥♥ Embracing Peace Through Surrender

Reflect and Apply

1.	What anxieties am I holding that I can bring to God in prayer?
2.	How can thanksgiving transform my outlook during surrender?
3.	In what ways can God's peace guard my heart and mind daily?







Day 7: ♥♥ Embracing Peace Through Surrender

Journaling Prompts

1.	Write a prayer releasing your anxieties to God.
2.	List things you're grateful for even in difficult times.
3.	Describe what living in God's peace feels like or would look like.







Day 7: W Embracing Peace Through Surrender

Prayer for Today

Dear God, I lay all my worries at Your feet. Help me to pray with gratitude and trust Your peace to guard my heart and mind. Teach me to live without fear for tomorrow, knowing You care for me deeply. Fill me with Your calm and strong presence today and always. Amen. 😂 🙏 👀







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.