Trusting God Beyond Control: A 21-Day Journey



Explore surrender from control, release fear and perfectionism, and embrace God's peace in uncertainty over 21 transformative days.





Table of contents

<u>Introduction</u>	4
<u>Day 1: Recognizing the Need for Surrender</u>	6
Day 2: S Freedom in Letting Go	12
Day 3: © Replacing Fear with Faith	18
Day 4: B Embracing Imperfection in God's Grace	24
Day 5: Breaking Free from Fear's Grip	30
Day 6: A Trusting God with the Unknown	36
Day 7: Releasing Perfectionism Daily	42
Day 8: A Patience in God's Timing	48
Day 9: Finding Peace in Surrender	54
Day 10: Strength Through Weakness	60
Day 11: Cultivating Trust in Everyday Moments	66
Day 12: Balancing Control and Freedom	72
Day 13: Healing from Past Hurts	78
<u>Day 14: Redirecting Control to Purpose</u>	84
Day 15: Restoring Relationships through Trust	90
<u>Day 16: Surrendering Control to Serve Others</u>	96











Introduction

Control is a powerful thing. We often cling to routines, perfection, and certainty as anchors amid life's chaos. Yet this desire for control can become an addiction itself — a relentless pursuit that leaves us anxious, overwhelmed, or disconnected from the freedom God designs for us.

Being 'addicted to control' means trusting more in our own plans than in God's good purposes. It can manifest as fear of the unknown, perfectionism, or inability to surrender even small uncertainties. How do we break free from this cycle? How do we learn to trust in God's loving hands even when outcomes are uncertain?

Over this 21-day Bible study, we'll explore Scriptures, reflections, and prayers designed to guide you from control to surrender — from fear to faith. Each day, you'll encounter God's reassurance that He is with you through every unknown, that His grace covers imperfection, and that His plans for you are good. You'll be invited to replace control with trust and perfectionism with freedom.

Whether you struggle with controlling tendencies in your thoughts, actions, or relationships, this study will help you **embrace God's peace while letting go**. Step by step, day by day, you'll discover how God's sovereignty frees us from our fears and draws us closer in dependence and love.







Are you ready to trust God beyond your control? Let's embark on this transformative journey together.

















Your Verse

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."

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..."







Devotional: Beginning with Honest Surrender

Today we begin by honestly acknowledging the control we try to wield: over our outcomes, others, and even ourselves. The wisdom of Proverbs 3:5-6 invites us to "trust in the Lord with all your heart," not leaning on our limited understanding. This is hard because we face the unknown daily.

Sometimes our control is a mask for fear — fear of failure, rejection, or unpredictability. Recognizing this is the first step toward surrender. Psalm 46:10 reminds us: "Be still, and know that I am God." In stillness, we stop striving and start trusting.

Surrender doesn't mean passivity or giving up; it means giving up our anxious grasp of control and choosing to rest in God's wisdom and love. Isaiah 41:10 encourages us not to fear because God is with us.

Today, consider what areas or fears you might be holding onto tightly. What would it look like to release your grip and lean fully on God?







Reflect and Apply

1.	What fears drive your need to control situations or people?
2.	How does 'being still' challenge you in your faith journey?
	In what ways can trusting God replace your reliance on your own understanding?







Journaling Prompts

	List three areas in your life where you feel the most need to control outcomes.
	Write about how fear influences your decisions and actions in these areas.
3.	Describe what trusting God fully might look like in these situations.







Prayer for Today

Dear God, today I admit my need to control and confess my fear of the unknown. Help me to trust You with my whole heart and not rely on my limited understanding. Teach me to be still and recognize Your sovereignty over every part of my life. Give me courage to surrender my fears and embrace Your peace. *Thank You for always being with me.* In Jesus' name, Amen.









Day 2: 😂 Freedom in Letting Go









Day 2: 🐯 Freedom in Letting Go

Your Verse

Matthew 11:28–30 NIV "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you."
- Philippians 4:6-7 "Do not be anxious about anything..."







Day 2: 🥰 Freedom in Letting Go

Devotional: Resting in God's Loving Care

Jesus' invitation in Matthew 11:28–30 is a beautiful promise of rest. When control feels like a heavy burden, He calls us to come to Him — to let go and find freedom in His care. Addiction to control often roots in exhaustion, but God's way offers rest.

Casting our cares on God (Psalm 55:22) means surrendering not just control but the worries and fears we carry. It requires trust that He will sustain us, even in life's storms.

Philippians 4:6-7 encourages us to replace anxiety with prayer and thanksgiving, promising peace that transcends understanding. This peace guards our hearts and minds when control tempts us to revert to fear.

Let today be a day of release — an honest surrender of your burdens to the One who loves you deeply.







Day 2: 😂 Freedom in Letting Go

Reflect and Apply

1.	What burdens have you been carrying alone instead of giving to God?
2.	How does anxiety affect your need for control?
3.	What does Jesus' invitation to rest mean to you personally?







Day 2: 😂 Freedom in Letting Go

Journaling Prompts

1.	Write a prayer releasing your worries and fears into God's hands.
2.	Describe what it feels like to imagine God sustaining you daily.
3.	List practical ways you can actively choose rest over control.







Day 2: 🥰 Freedom in Letting Go

Prayer for Today

Lord Jesus, I come weary and burdened, ready to lay down my heavy load at Your feet. Help me to cast my cares on You, trusting that You will sustain me through every challenge. Replace my anxiety with Your peace that surpasses all understanding. Teach me daily to rest in Your loving embrace and surrender my need for control. Thank You for being my refuge and strength. Amen.









Day 3: @ Replacing Fear with Faith









Day 3: @ Replacing Fear with Faith

Your Verse

2 Timothy 1:7 NIV "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous..."
- Romans 8:15 "...received the Spirit of adoption... by whom we cry, 'Abba, Father."







Day 3:
Replacing Fear with Faith

Devotional: Embracing God's Spirit Over Fear

Fear often masquerades as control, but God calls us into power and love instead. 2 Timothy 1:7 reassures us that the Spirit within us is not one of timidity but of strength, love, and self-control.

Stepping out in faith requires courage, as the Lord commands Joshua (Joshua 1:9) — to be strong and not afraid because God is with us wherever we go.

Romans 8:15 reminds us that through the Spirit, we are beloved children of God, able to approach Him intimately and confidently.

Releasing control means trusting the power God provides to face the unknown, replacing hesitation with bold faith.







Day 3: Replacing Fear with Faith

Reflect and Apply

1.	In what ways does fear influence your control behaviors?
2.	How can focusing on God's power and love help you overcome timidity?
	What does being God's child mean in your daily struggles with fear or control?







Day 3: Replacing Fear with Faith

Journaling Prompts

1.	Recall a time when God gave you courage in a fearful situation.
2.	Write about areas where you need God's self-discipline to release control.
3.	Reflect on how your relationship with God deepens as you trust Him more.







Day 3: @ Replacing Fear with Faith

Prayer for Today

Father, thank You for the Spirit of power, love, and self-discipline You have given me. Help me to reject fear and embrace Your strength as I surrender control. Fill me with courage and remind me daily that I am Your beloved child, able to face whatever comes with faith. I choose to walk boldly with You. Amen.







Day 4: Embracing Imperfection in God's Grace









Day 4: **B** Embracing Imperfection in God's Grace

Your Verse

2 Corinthians 12:9 NIV "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Romans 8:38–39 "Nothing can separate us from the love of God."
- Psalm 103:12 "As far as the east is from the west..."







Day 4: **B** Embracing Imperfection in God's Grace

Devotional: Finding Grace in Imperfection

Often, our craving for control is driven by a desire for perfection. We fear flaws, mistakes, or weakness. Yet God's grace meets us precisely in our imperfections.

Paul reminds us in 2 Corinthians 12:9 that God's power is perfected in our weakness, not in our attempts to be flawless or in control. God delights not in our strength but in our surrender.

Romans 8 assures us that nothing can separate us from God's love, and Psalm 103 illustrates that God's forgiveness removes our sins completely.

Allow yourself today to accept God's grace over perfectionism. Embrace your weaknesses as places He glorifies His strength.







Day 4: 💋 Embracing Imperfection in God's Grace

Reflect and Apply

1.	How does perfectionism feed your control addiction?
2	Where do you see God's grace working in your weaknesses?
۷.	where do you see God's grace working in your weaknesses:
3.	What fears keep you from fully accepting God's forgiveness and love?







Day 4: 💋 Embracing Imperfection in God's Grace

Journaling Prompts

1.	. Write about a moment when God's grace surprised you in a weak area.
2.	List ways perfectionism limits your relationship with God and others.
3.	. Describe how you can extend grace to yourself today.







Day 4: **B** Embracing Imperfection in God's Grace

Prayer for Today

Gracious God, thank You that Your grace is enough for me. Teach me to lean into Your strength when I feel weak or imperfect. Help me to surrender my need for perfection and control, resting in Your unconditional love and forgiveness. May Your power glorify itself through my weaknesses. Amen.















Day 5: Breaking Free from Fear's Grip









Day 5: A Breaking Free from Fear's Grip

Your Verse

Psalm 34:4 NIV "I sought the Lord, and he answered me; he delivered me from all my fears."

Supporting Scriptures

- 1 John 4:18 "Perfect love drives out fear."
- Isaiah 54:17 "No weapon forged against you will prevail."







Day 5: A Breaking Free from Fear's Grip

Devotional: Freedom Through God's Perfect Love

Fear controls much in our lives when left unchecked. In Psalm 34:4, we see the power of seeking God to be delivered from fear. Our journey toward freedom begins with turning to Him.

1 John 4:18 reminds us that God's perfect love casts out fear, demonstrating that fear and love cannot coexist fully.

Isaiah 54:17 assures us that no weapon — fear included — formed against us will prevail because God protects His people.

Today, ask God to help you identify fears that dictate your control, and to experience His perfect love that liberates you.







Day 5: 🖲 Breaking Free from Fear's Grip

Reflect and Apply

1.	What fears are hardest for you to surrender to God?
2.	How have you experienced God's love overcoming fear in your life?
3.	What steps can you take to seek God actively when fear arises?







Day 5: 🖲 Breaking Free from Fear's Grip

Journaling Prompts

1.	Identify fears that trigger your need to control.
2.	Write a prayer asking God to replace those fears with His love.
3.	Reflect on times when trusting God led you through fearful situations.







Day 5: Preaking Free from Fear's Grip

Prayer for Today

Lord, I come before You with my fears and anxieties. Deliver me as You promised, and fill me with Your perfect love that casts out all fear. Help me to rest in Your protection and trust Your power over every area I struggle to control. Teach me to seek You always when fear threatens my peace. Amen.



















Your Verse

Jeremiah 29:11 NIV "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

Supporting Scriptures

- Psalm 139:16 "All the days ordained for me were written in your book."
- Romans 8:28 "In all things God works for the good..."







Devotional: Hope in God's Sovereign Plans

The unknown can be intimidating, fueling our desire to control outcomes. Jeremiah 29:11 assures us that God's plans are good, full of hope and a future. Our task is to trust that His intentions are loving and intentional, even when we cannot see the full picture.

Psalm 139 reminds us that our days are known and ordained by God, giving us reassurance we are not alone or forgotten.

Romans 8:28 emphasizes that God works through all circumstances for our good — even the unknown challenges.

Receiving this truth invites us to release perfectionism and fear, embracing peace in uncertainty.







Reflect and Apply

1.	How does facing the unknown challenge your trust in God?
2.	What comfort can you draw from knowing God's plans are for your good?
3.	How can this assurance impact your control tendencies?







Journaling Prompts

1.	Write about an uncertain situation where you need to trust God's plan.
2.	Reflect on God's faithfulness in past unknowns.
3.	Describe a prayer asking God to strengthen your trust in His sovereignty.







Prayer for Today

Father, I thank You that Your plans for me are good and full of hope. Though I can't see what lies ahead, help me to trust You completely with the unknown. Remind me that my life is in Your hands and that You work all things for my good. Help me let go of control and rest in Your sovereign care. Amen. \triangle

















Day 7: 🖸 Releasing Perfectionism Daily

Your Verse

Ecclesiastes 7:20 NIV "Indeed, there is no one on earth who is righteous, no one who does what is right all the time."

Supporting Scriptures

- Psalm 103:8 "The Lord is compassionate and gracious..."
- Romans 3:23 "For all have sinned and fall short of the glory of God."







Day 7: Co Releasing Perfectionism Daily

Devotional: Choosing Grace Over Perfection

Perfectionism is unattainable and ultimately a prison. Ecclesiastes 7:20 reminds us that no person is flawless in deeds or character. Understanding this frees us from the impossible expectations we place on ourselves.

God's compassion and grace (Psalm 103:8) cover our shortcomings, providing a refuge where imperfections do not disqualify us from His love.

Romans 3:23 calls all humanity to humility, acknowledging that we all fall short but are covered by God's grace through Christ.

Today, remember imperfection is part of being human, and surrender your pursuit of perfection to God's merciful hands.







Day 7: 🖸 Releasing Perfectionism Daily

Reflect and Apply

1.	How has perfectionism held you back or caused stress?
2.	In what ways can embracing imperfection open you to God's grace?
3.	How might you extend grace to yourself and others today?







Day 7: 🖸 Releasing Perfectionism Daily

Journaling Prompts

1.	List areas where perfectionism influences your self-expectations.
2.	Write about how God's grace meets you amid imperfections.
3.	Create a daily reminder to choose grace instead of perfection.







Day 7: Co Releasing Perfectionism Daily

Prayer for Today

Merciful God, thank You for Your compassion that embraces me when I fall short. Help me to release the burden of perfectionism and rest in Your grace. Teach me to show the same mercy to myself and others. May I find freedom in Your forgiving love today. Amen.









Day 8: 2 Patience in God's Timing









Day 8:

Patience in God's Timing

Your Verse

Habakkuk 2:3 NIV "For the revelation awaits an appointed time... Though it linger, wait for it; it will certainly come and will not delay."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 8: 🕰 Patience in God's Timing

Devotional: Trusting God's Perfect Timing

Impatience fuels our desire to control outcomes quickly. Habakkuk 2:3 teaches us that God's promises come at the appointed time and though delays may be hard, waiting with hope is part of faith.

Psalm 27 exhorts us to be strong and take heart while waiting, reminding us that hope in God renews our courage.

Isaiah 40:31 further encourages that those who wait on the Lord find renewed strength to continue their journey.

Trusting God's timing requires patience and surrender to His perfect plan.







Day 8:

Patience in God's Timing

Reflect and Apply

1.	Where do you struggle most with waiting on God's timing?
2.	How can waiting build your faith and dependence on God?
3.	What promises is God revealing as you wait in surrender?







Day 8:

Patience in God's Timing

Journaling Prompts

1.	Write about a time when God's timing surprised you positively.
2.	Reflect on how impatience affected your trust in God.
3.	Pray for patience and strength to wait on God's perfect timing.







Day 8: 🕰 Patience in God's Timing

Prayer for Today

Lord, teach me patience in seasons of waiting and uncertainty. Help me to trust Your timing, knowing Your plans unfold perfectly, even if they differ from my expectations. Renew my strength as I hope in You and surrender control of timing. I rest in Your faithfulness. Amen. \(\tilde{\mathbb{Z}}\)

















Day 9: V Finding Peace in Surrender

Your Verse

Philippians 4:7 NIV "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 9: V Finding Peace in Surrender

Devotional: God's Peace the Ultimate Protector

Peace is a fruit of surrender to God. Philippians 4:7 promises a peace so profound it transcends our understanding. This peace guards our hearts and minds, creating a refuge amid anxiety and control impulses.

Jesus' words in John 14:27 assure us that His peace is a gift beyond what the world offers — a peace that calms and restores.

Colossians exhorts believers to let Christ's peace rule within, a radical surrender of control in every circumstance.

Choose today to invite God's peace into areas where control fights for dominance.







Day 9: 🖓 Finding Peace in Surrender

Reflect and Apply

1.	What areas of your life feel unsettled despite your control efforts?	
2.	How can you practically invite God's peace into those situations?	
3.	What does it mean for Christ's peace to 'rule' your heart?	







Day 9: 🖓 Finding Peace in Surrender

Journaling Prompts

1.	Describe what God's peace feels like in moments of surrender.
2.	List reasons why God's peace is better than trying to control outcomes.
3.	Write a prayer asking God for His peace to guard your heart today.







Day 9: 🖓 Finding Peace in Surrender

Prayer for Today

Prince of Peace, I invite Your transcendent peace to guard my heart and mind. Help me to surrender my control and anxieties to You, resting in the calm only You provide. Teach me to let Your peace rule over fear and uncertainty today. Amen. 😂 🔾 🙏

















Day 10: V Strength Through Weakness

Your Verse

Isaiah 40:29 NIV "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- 2 Corinthians 12:10 "...when I am weak, then I am strong."
- Psalm 73:26 "God is the strength of my heart..."







Day 10: V Strength Through Weakness

Devotional: God's Power Revealed in Weakness

Feeling weak or powerless challenges our temptation to control desperately. Isaiah 40:29 reminds us that God replenishes strength for the weary and empowers the weak because His power is made perfect in frailty.

Paul's words in 2 Corinthians 12:10 show us the paradox that our weakness, surrendered to God, becomes true strength.

Psalm 73 declares God as the unchanging source of strength even when our hearts fail.

Lean into God's strength today, acknowledging your limits and choosing dependence over control.







Day 10: **(**) Strength Through Weakness

Reflect and Apply







Day 10: **(**) Strength Through Weakness

Journaling Prompts

1.	Write about a moment when God strengthened you in weakness.
2.	Reflect on areas where you try to be strong on your own.
3.	Pray for grace to rest in God's power over your limitations.







Day 10: ① Strength Through Weakness

Prayer for Today

Lord God, I thank You that You give strength when I feel weak. Help me to surrender my pride and control, trusting in Your power to sustain me. May Your strength be my refuge today and every day. Amen.







Day 11: Cultivating Trust in Everyday Moments









Day 11: **Grant Contract State State**

Your Verse

Luke 16:10 NIV "Whoever can be trusted with very little can also be trusted with much..."

Supporting Scriptures

- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."
- Matthew 6:34 "Do not worry about tomorrow..."







Day 11: **Grant Contract State of Section 2** Cultivating Trust in Everyday Moments

Devotional: Trusting God One Step at a Time

Trust is grown in daily choices, especially in small moments. Luke 16:10 emphasizes that faithfulness in little things opens the way for greater trust and blessings.

Psalm 37 encourages us to commit all we do to God, assuring that our trust will be rewarded.

Jesus teaches in Matthew 6:34 to focus on today and not be anxious about tomorrow, promoting present-moment trust and surrender.

Today, practice releasing control by trusting God with small daily details and see His faithfulness grow.







Day 11: **Grant Contract State of Section 11:** Cultivating Trust in Everyday Moments

Reflect and Apply

1.	What small areas have you neglected to fully trust God with?
2.	How can trusting God daily reduce your need for control?
3.	What life rhythms help cultivate deeper trust in God?







Day 11: 🌾 Cultivating Trust in Everyday Moments

Journaling Prompts

1.	Identify daily habits that reflect your trust (or lack of) in God.
2.	Write about a recent small moment of surrender.
3.	Plan one intentional step today to trust God more fully.







Day 11: Cultivating Trust in Everyday Moments

Prayer for Today

Father, help me to trust You in the small details of everyday life. Teach me to be faithful with little so I can grow in deeper faith with bigger challenges. Clear my anxious thoughts about future uncertainties and help me live fully in Your care today. Amen. **?**







Day 12: Balancing Control and Freedom









Day 12: Palancing Control and Freedom

Your Verse

Galatians 5:1 NIV "It is for freedom that Christ has set us free."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."







Day 12: Palancing Control and Freedom

Devotional: Living in the Freedom Christ Provides

Christ's freedom is a liberation from the bondage of control and fear. While managing life responsibly is important, being addicted to control enslaves us.

Galatians 5:1 boldly declares our freedom in Christ. John 8:36 confirms that this freedom is complete and transformative.

2 Corinthians tells us that where God's Spirit dwells, freedom reigns.

Walking in Christ's freedom means allowing the Spirit to lead us away from controlling tendencies into expansive trust and peace.







Day 12: 🥦 Balancing Control and Freedom

Reflect and Apply

1.	How does control enslave your heart and mind?
2.	What does true freedom in Christ mean for your daily life?
3.	How can you invite the Spirit to break chains of control?







Day 12: Palancing Control and Freedom

Journaling Prompts

1.	Reflect on areas where control feels like bondage.
2.	Write about what freedom in Christ looks like personally.
3.	Pray for the Spirit to lead you into fuller freedom today.







Day 12: Palancing Control and Freedom

Prayer for Today

Jesus, thank You for setting me free from the chains of control and fear. Help me to live daily in the freedom Your Spirit provides. Break any strongholds that keep me captive, and guide me to walk confidently in Your liberty. Amen.











Day 13: W Healing from Past Hurts









Day 13:
 Healing from Past Hurts

Your Verse

Psalm 147:3 NIV "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Isaiah 53:5 "By his wounds we are healed."
- Matthew 11:28 "Come to me... I will give you rest."







Day 13:
 Healing from Past Hurts

Devotional: Restoration Through God's Healing

Past pain often fuels control as a defense mechanism. The Psalmist emphasizes God's tender care in healing broken hearts and binding wounds.

Isaiah's prophecy reveals that Christ's suffering brings healing for our deepest hurts.

Jesus' invitation in Matthew offers rest and restoration, healing our needs beyond what control can provide.

Bring your hurts before God today, trusting His power to heal and freeing yourself from control as protection.







Day 13: 💮 Healing from Past Hurts

Reflect and Apply

1.	What hurts have you tried to manage through control?
2.	How might God want to heal old wounds today?
3.	What would resting in Jesus look like amid pain?







Day 13: 💮 Healing from Past Hurts

Journaling Prompts

Write about a past hurt that still influences your need for control.
Reflect on God's healing promises and how they encourage surrender.
Pray for the courage to release past pain and trust God's restoration.







Day 13: (Healing from Past Hurts

Prayer for Today

Healing God, I lay before You my broken places and wounds. Heal me deeply and teach me to trust You instead of relying on control as a shield. Bring rest to my weary soul and restore my joy. Amen. **(S) (P) (A)**

















Day 14: Redirecting Control to Purpose

Your Verse

Ephesians 2:10 NIV "For we are God's handiwork, created in Christ Jesus to do good works..."

Supporting Scriptures

- Colossians 3:23 "Work at it with all your heart..."
- Romans 12:2 "Be transformed by the renewing of your mind..."







Day 14: Redirecting Control to Purpose

Devotional: Channeling Energy into God's Will

Control energy can be redirected toward God's purpose for our lives.

Ephesians 2:10 reminds us we are created for good works, prepared in advance by God.

Colossians encourages wholehearted work as to the Lord, not for personal perfectionism.

Romans calls for transformation by renewing our minds to align with God's will.

Shift your focus today to actively participate in God's purpose rather than controlling outcomes.







Reflect and Apply

1.	How can your desire for control serve God's greater plan?
2.	What good works has God prepared for you to engage with today?
3.	How can transforming your mind affect your control patterns?







Journaling Prompts

	List ways to use your talents for God's purposes instead of controlling outcomes.
	Write about how renewing your mind changes your perspective on control.
3.	Pray for guidance to invest your energy in God's calling.







Day 14: Redirecting Control to Purpose

Prayer for Today

Lord, help me to redirect my controlling tendencies into fulfilling Your good works. Transform my mind to embrace Your will above my own. Let my heart work wholeheartedly for You, trusting Your plan in all things. Amen. ?















Your Verse

Ecclesiastes 4:9 NIV "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- 1 Corinthians 13:4 "Love is patient, love is kind..."
- Proverbs 3:5 "Trust in the Lord with all your heart..."







Devotional: Healing Through Trust and Love

Control addiction often damages our relationships with others. Ecclesiastes highlights the power of community and mutual support.

Paul's famous description of love in 1 Corinthians 13 invites patience and kindness—opposites of controlling behavior.

Proverbs reminds us that trusting God also strengthens how we trust others.

Allow God to heal and restore your relationships through renewed trust and grace.







Reflect and Apply

1.	In what ways has your need for control affected your relationships?
2.	How can embracing patience and kindness restore connections?
3.	What steps can you take to trust God and others more deeply?







Journaling Prompts

1.	Reflect on a relationship strained by control and how to approach healing.
2.	Write about what love (as described in 1 Corinthians) looks like in daily life.
3.	Pray for renewed trust and grace in your closest relationships.







Prayer for Today

Father of Love, help me to trust You and others more fully, letting go of my controlling ways that harm relationships. Teach me patience, kindness, and grace so I can restore and build connections rooted in Your love. Amen. \heartsuit \curlywedge

















Your Verse

Mark 10:45 NIV "...Son of Man did not come to be served, but to serve..."

Supporting Scriptures

- Philippians 2:3-4 "Consider others better than yourselves..."
- Galatians 5:13 "Serve one another humbly in love."







Devotional: Freedom Found Through Serving Others

True freedom from control comes when we follow Jesus' example of humble service. Mark 10:45 emphasizes Jesus' mission to serve rather than master, calling us to a heart posture of humility.

Paul's teachings in Philippians and Galatians challenge us to consider others first and serve in love, not seeking control or status.

Surrender your need to dominate and instead find joy in selfless service.







Reflect and Apply

1.	How does controlling behavior block your ability to serve humbly?
2.	In what ways can serving others shift your focus from control to love?
3.	What examples from Jesus inspire you to serve with surrender?







Journaling Prompts

1.	Write about a time you experienced joy in serving others without control.
2.	List ways you can actively serve someone this week.
3.	Pray for a humble heart willing to serve as Christ did.







Prayer for Today

Jesus, You came to serve, not be served. Teach me to follow Your example by surrendering my control and humbly serving others in love. Transform my heart so that serving becomes my joy and freedom. Amen. \bigcirc















Your Verse

1 Thessalonians 5:18 NIV "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- Psalm 107:1 "Give thanks to the Lord, for he is good."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







Devotional: Gratitude as a Path to Peace

Gratitude shifts our focus from what we cannot control to God's goodness. 1 Thessalonians 5:18 teaches thanksgiving in every situation as God's will for us.

Psalm 107 urges us to remember the Lord's goodness, even when life feels uncertain.

Colossians shows that gratitude is woven with peace in the heart, reducing the need for control.

Practice gratitude today as an active surrender of control and an embrace of God's grace.







Reflect and Apply

1.	How can gratitude help you relinquish control?
2.	What blessings might you be overlooking due to striving for control?
3.	How does gratitude affect your mental and spiritual well-being?







Journaling Prompts

1.	List ten things you're thankful for, especially in hard circumstances.
2.	Write about how focusing on gratitude shifts your perspective on control.
3.	Pray a prayer of thanksgiving, releasing worries to God.







Prayer for Today

Gracious God, I choose to give thanks in all circumstances, trusting in Your goodness. Help me exchange my need for control with a heart full of gratitude and peace. Teach me to see Your hand at work every day. Amen. \bigwedge







Day 18: Fig. Embracing Hope Amidst Uncertainty









Your Verse

Romans 15:13 NIV "May the God of hope fill you with all joy and peace as you trust in him..."

Supporting Scriptures

- Jeremiah 29:11 "Plans to prosper you..."
- Psalm 42:11 "Why, my soul, are you downcast? Put your hope in God..."







Devotional: Hope: A Steadfast Anchor in Life

Hope empowers us to face uncertainty without gripping control tightly.

Romans 15:13 promises that God fills us with joy and peace as we trust Him — anchoring hope even when outcomes are unclear.

Jeremiah 29:11 is a constant reminder of God's good plans, stirring hope beyond present worries.

Psalm 42 encourages depressed or anxious souls to hope in God's steadfast love.

Let hope rise in your heart today as you surrender fear and control to God's capable hands.







Reflect and Apply

1.	Where do you need God's hope most right now?
2.	How does hope influence your willingness to release control?
3.	What Scriptures help you rekindle hope when fear arises?







Journaling Prompts

1.	Write about how hope has carried you through previous struggles.
2.	List ways you can cultivate hope daily.
3.	Pray for God to fill you with hope in your current challenges.







Prayer for Today

God of Hope, fill me with joy and peace as I trust You. Help me embrace hope despite life's uncertainties and release control to Your loving care. Strengthen my heart to stand firm in Your promises. Amen.

















Your Verse

Hebrews 11:1 NIV "Faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- 2 Corinthians 5:7 "Walk by faith, not by sight."
- Psalm 31:24 "Be strong and take heart..."







Devotional: Courage to Step into the Unknown

Faith compels us to act even when control seems impossible. Hebrews 11:1 defines faith as confidence in unseen realities — a vital posture for anyone addicted to control.

Paul encourages walking by faith, not by sight, challenging us to step forward without full knowledge or control.

Psalm 31 exhorts strength and courage, empowering us to face daunting unknowns with God's help.

Today, take a step towards trust, even if the path ahead is unclear.







Reflect and Apply

1.	What steps do you fear taking because you cannot control the outcome?
2.	How can faith empower you to move forward despite uncertainty?
3.	What encourages you most about walking by faith not by sight?







Journaling Prompts

1.	Write about a faith-filled step you are ready to take.
2.	Reflect on the outcomes of past faithful actions despite fear.
3.	Pray for courage and confidence to trust God's path.







Prayer for Today

Faithful God, grant me the courage to step forward in faith, even when I cannot control what lies ahead. Help me to trust Your promises and walk confidently, knowing You guide my way. Strengthen my heart to face the unknown with You by my side. Amen. 🙏 💪 💸







Day 20: XX Celebrating Progress and Growth









Day 20: X Celebrating Progress and Growth

Your Verse

Philippians 1:6 NIV "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Supporting Scriptures

- Psalm 126:3 "The Lord has done great things for us..."
- 2 Peter 3:18 "Grow in the grace and knowledge of our Lord..."







Day 20: X Celebrating Progress and Growth

Devotional: Trusting God's Ongoing Transformation

Transforming control addiction is a journey marked by growth and milestones. Philippians 1:6 assures us that God completes the work He begins in us.

Psalm 126 calls us to celebrate the great things God has done in and through us.

2 Peter encourages growth in grace and knowledge as a continuous process.

Celebrate your progress today and trust God to keep working in your heart.







Day 20: 🎇 Celebrating Progress and Growth

Reflect and Apply

What progress have you seen in surrendering control?
How can celebrating small victories strengthen your faith?
In what ways do you want God to continue shaping your heart?







Day 20: 🎇 Celebrating Progress and Growth

Journaling Prompts

1.	List personal breakthroughs or changes since starting this journey.
2.	Write a gratitude note to God for His faithfulness.
3.	Pray for continued transformation and grace.







Day 20: X Celebrating Progress and Growth

Prayer for Today

God of Growth, thank You for the work You have begun in me. Help me to celebrate every step forward, knowing You will bring Your transformative process to completion. Fill me with grace as I continue to surrender control and walk in Your love. Amen. **> \(\)**















Your Verse

Romans 8:38-39 NIV "Nothing can separate us from the love of God..."

Supporting Scriptures

- Galatians 2:20 "I live by faith in the Son of God..."
- John 10:28 "I give them eternal life... no one will snatch them out of my hand."







Devotional: Freedom Secured by God's Love

Today we celebrate embracing freedom from control through God's unfailing love. Romans 8:38–39 assures us nothing, not even fear or past struggles, can separate us from God's love.

Galatians exhibits a life lived fully by faith in Jesus, our source of freedom.

Jesus promises eternal security in John 10:28, reminding us we are held safely in His hands.

Live today with confidence and joy in God's unfailing care, free from the chains of control.







Reflect and Apply

1.	How has your understanding of God's love grown during this study?
2.	What freedoms do you now hold by faith rather than fear or control?
3.	How can you continue living fully trusting God every day?







Journaling Prompts

1.	Write a declaration of your freedom in Christ.
2.	Reflect on how God's love changes your response to fear.
3.	Pray a prayer of commitment to live by faith daily.







Prayer for Today

Lord God, thank You for Your unbreakable love that sets me free from fear and control. I choose to live by faith in Your Son, secure in Your hands forever. Empower me to walk boldly in this freedom, trusting You with all my heart. 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:

Facebook • Instagram • YouTube • TikTok

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.