Trusting God in Family Decisions



A 7-day study to help women release control and trust God's guidance when family plans change unexpectedly.





Table of contents

<u>Introduction</u>	3
Day 1: Frusting God's Sovereignty	4
<u>Day 2: Strength in Surrender</u>	10
Day 3: Wisdom in Godly Decisions	16
Day 4: A Peace Amidst Change	22
Day 5: X Embracing God's Timing	28
<u>Day 6: Finding Identity in God Alone</u>	34
Day 7: Fembracing God's Peaceful Plan	40







Introduction

In the journey of life, women often carry the weight of family decisions on their shoulders. The desire to protect, provide, and plan can lead to a natural inclination to control outcomes, especially within family matters. Yet, life's unpredictability can bring shifts that challenge our carefully laid plans. **Letting go** of control doesn't mean giving up—it means trusting a God who is sovereign, loving, and capable of directing every step. *This study invites you to explore how deeply trusting God offers peace amidst uncertainty, especially in areas close to your heart: your family.*

Across these seven days, you'll engage with Scripture that highlights God's faithfulness, the strength and wisdom of women in the Bible, and the beauty of surrender. You'll be encouraged to examine how holding too tightly to control can cause anxiety, and how releasing it can open room for God's perfect plans. With prayer, reflection, and journal prompts, this plan is designed to help you experience freedom—peace in uncertainty and confidence that God's ways are higher than ours.

Prepare your heart each day to listen, reflect, and lean into God's promises. Through this process, you will discover that letting go is not about losing power but about embracing the abundant life God offers when we trust Him fully. Let's journey together remembering that each change, each unexpected turn, is under the watchful care of a loving Father who delights in guiding His daughters well.

















Day 1: **B** Trusting God's Sovereignty

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

- Jeremiah 29:11 "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 hope and a future."
- Psalm 37:5 "Commit your way to the LORD; trust in him and he will do this."







Day 1: **B** Trusting God's Sovereignty

Devotional: Trusting God Over Our Plans

Letting go starts with trust. When family decisions seem overwhelming, the first step is to rest in the assurance that God is sovereign — He sees the whole picture often beyond our limited understanding. Proverbs 3:5–6 calls us to trust Him wholeheartedly, not relying on our own carefully crafted plans, but submitting each step to His wise direction.

Many women find strength in planning and control, yet God invites us to a deeper reliance — to lean on Him rather than our own insight. This doesn't mean passivity but a confident surrender that allows Him to guide us through shifting paths. Jeremiah 29:11 reminds us that God's plans are for good, filled with hope, even when our circumstances seem uncertain.

Today, consider where you're holding tightly to control in your family life. What would trusting God more fully look like for you? Remember, when we commit our ways to Him, He promises to act on our behalf. This trust releases anxiety and plants peace in our hearts.







Day 1: **//** Trusting God's Sovereignty

Reflect and Apply

1.	In which areas of family life do I find it hardest to trust God's sovereignty?
	How have I experienced God's guidance when I relinquished control before?
	What emotions surface when I consider submitting my plans fully to God?
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Day 1: **//** Trusting God's Sovereignty

Journaling Prompts

	Write about a time when a family plan changed unexpectedly. How did you respond?
2.	List fears you have about letting go of control over family decisions.
3.	Journal your favorite promise of God that brings you hope.







Day 1: **B** Trusting God's Sovereignty

Prayer for Today

Dear Lord, teach me to trust You with all my heart. Help me stop relying on my own understanding and to submit my family and future fully into Your hands. Remind me that Your plans are good and bring hope, even when my path shifts unexpectedly. Strengthen my faith when I feel uncertain and fill my heart with peace that surpasses all understanding. Guide every decision I make, and help me to rest in Your sovereignty today and always. *Thank You for never leaving me alone in this journey.*











Day 2: V Strength in Surrender









Day 2: **()** Strength in Surrender

Your Verse

Psalm 46:10 – "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 2: V Strength in Surrender

Devotional: Finding Strength Through Surrender

Strength often comes through surrender. When women lead families, the burden of decisions can cause weariness. Psalm 46:10 encourages us to 'be still'—to pause our striving and simply recognize God's authority and goodness. Pausing to acknowledge God's control frees us from anxious struggle.

Surrender is not weakness but active courage. By resting in Jesus' invitation in Matthew 11:28, we receive rest for our weary hearts and minds. Trusting God and surrendering control means we don't carry family burdens alone but find renewed strength (Isaiah 40:31) to face the unknown with confidence.

Today, try to be still before the Lord and offer your family concerns to Him. What do you sense God saying to your heart when you do? Surrender opens the door for God's peace and empowerment beyond what we can muster alone.







Day 2: **(**) Strength in Surrender

Reflect and Apply

	How do I respond emotionally when I 'let go' and surrender a family decision to God?
2.	In what ways does being still with God renew my strength?
	What does surrendering control mean for my personal identity and role in the family?







Day 2: 🕠 Strength in Surrender

Journaling Prompts

1.	Describe your feelings when you pause and are still before God.
2.	Write about what burdens you might carry better by surrendering them to God.
3.	List ways God has strengthened you after a time of struggle.







Day 2: V Strength in Surrender

Prayer for Today

Lord, help me to be still and know that You are God amidst family challenges. When I feel weary from decisions and changes, remind me to surrender my burdens and find rest in You. Renew my strength so I can face shifts with hope and courage. Fill me with Your peace that calms every anxious thought. Thank You for Your loving presence always close to me, especially when I feel overwhelmed.



















Day 3: Wisdom in Godly Decisions

Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Supporting Scriptures

- Proverbs 31:26 "She speaks with wisdom, and faithful instruction is on her tongue."
- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







Day 3: Wisdom in Godly Decisions

Devotional: Asking God for Wisdom in Decisions

Making family decisions wisely requires divine guidance. When plans shift, self-confidence or fear can tempt us to grasp control tightly. Yet Scripture encourages us to seek God's wisdom actively. James 1:5 promises that God freely gives wisdom to those who ask, without reproach.

The Proverbs 31 woman models godly wisdom—not only does she manage her household but she speaks with insight and offers faithful instruction. Her wisdom is rooted in her relationship with God.

Today, bring your family decisions to God in prayer, confidently asking for His direction. Trust that He is attentively watching over you and ready to counsel you lovingly (Psalm 32:8). Wisdom from God empowers our choices, blending faith and discernment when circumstances change.







Day 3: 💮 Wisdom in Godly Decisions

Reflect and Apply

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Day 3: 💮 Wisdom in Godly Decisions

Journaling Prompts

	Write about a recent family decision where you sought or ignored God's wisdom.
2.	List questions you need to bring to God for wisdom.
3.	Describe what trusting God's counsel looks like in your daily life.







Day 3: Wisdom in Godly Decisions

Prayer for Today

Father God, I ask You for wisdom today as I face family decisions. Please grant me insight and clarity beyond my understanding. Help me to trust Your counsel and lean on Your loving guidance. Teach me to discern Your voice above all others and to follow where You lead without fear. Thank You for generously giving wisdom to those who seek You. May my family benefit from Your perfect plans for us. In Jesus' name, amen.



















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

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Devotional: Receiving God's Peace in Anxiety

Anxiety often rises when family plans are unsettled. Yet God promises His peace to guard our hearts and minds as we bring all concerns to Him in prayer. Philippians 4:6–7 reminds us that prayer partnered with thanksgiving ushers in a divine peace beyond human logic.

Jesus reassures His followers in John 14:27 that His peace differs from what the world offers—it calms the deepest turmoil. When we trust God steadfastly, Isaiah 26:3 promises perfect peace over our hearts.

Today, consciously exchange anxious thoughts for prayer and thanksgiving. Notice how God's peace protects you even as your family's circumstances change unpredictably. This peace strengthens our trust and helps us release control without fear or worry.







Reflect and Apply

1.	What triggers my anxiety most in family matters?
2.	How can I practically bring my worries to God in prayer?
3.	What does peace that surpasses understanding feel like to me?







Journaling Prompts

	Write about a situation where God's peace calmed your heart amidst uncertainty.
2.	List things you are grateful for today despite family challenges.
3.	Journal how prayer changes your perspective on controlling outcomes.







Prayer for Today

Lord Jesus, help me not to be anxious about my family's future or shifting plans. Teach me to bring every worry, big or small, to You with a thankful heart. Fill me with Your peace that the world cannot give, guarding my heart and mind from fear. Help me rest in Your presence, confident that You hold our family securely in Your hands. May Your peace be a firm foundation for my trust in You today. Amen.



















Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Habakkuk 2:3 "For the revelation awaits an appointed time; it speaks of the end and will not prove false."
- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."







Devotional: Waiting on God's Perfect Timing

Letting go of control includes trusting God's perfect timing. Family decisions often come with expectations about how and when things should happen. Ecclesiastes 3:1 reminds us that God has established seasons for everything under heaven, including shifts in our families.

Sometimes waiting feels difficult, but Habakkuk 2:3 encourages us that God's promises will come at the appointed time and will not fail. Psalm 27:14 exhorts us to be strong and take courage as we wait on the Lord's timing.

Today, reflect on what it means to embrace God's timing in your family decisions. Rather than rushing or forcing outcomes, trust God's agenda—for His timing is always good, even when it delays our own plans.







Reflect and Apply

	How do I typically respond when family plans don't unfold on my desired timeline?
2.	What fears or impatience arise when I wait on God's timing?
3.	How can I develop stronger courage and faith in the waiting season?







Journaling Prompts

1.	Write about a time God's timing surprised you positively.
2.	List ways you can strengthen your patience while waiting.
3.	Describe what embracing God's timing looks like in your family life.







Prayer for Today

Heavenly Father, teach me to wait patiently for Your perfect timing in every family matter. Help me stay strong and take heart, trusting that You will bring to pass what is best at the right moment. Remove my frustration and hurry, replacing them with faith and peace. Thank You for Your faithfulness and for holding the future securely. Guide me to rest in Your timing and purposes today.

















Your Verse

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

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Rooting Identity in Christ Alone

As women, our roles in family can feel all-encompassing. Letting go sometimes reveals how deeply our identity is tied to control or success in family decisions. Galatians 2:20 calls us to live in the truth that our identity is found in Christ first.

Psalm 139:14 celebrates how wonderfully we are made by God, beyond just our roles or responsibilities. When we feel weak or inadequate for the challenges of decision–making, 2 Corinthians 12:9 reminds us that God's grace is enough and His power shines brightest then.

Today, reflect on who you are in God independent of your role as a decision—maker. Finding your identity in Him frees you to release control and rest in His strength and grace. This freedom brings renewed joy and peace in family life.







Reflect and Apply

	How much of my self-worth is tied to making successful family decisions?
2.	In what ways can I remember and embrace my God-given identity today?
3.	How does God's grace empower me when I feel weak in decision-making?







Journaling Prompts

1. Write a prayer acknowledging your identity in Christ beyond family role	S.
2. List ways God's grace has supported you during challenging times.	
3. Describe moments when resting in God's power changed your perspective.	







Prayer for Today

Lord Jesus, help me to find my identity in You alone, not in the control or outcomes of family decisions. Remind me that Your grace is sufficient for every weakness I face. Teach me to rest in the truth that I am fearfully and wonderfully made by You. May Your life within me shape my value and purpose. Strengthen me to let go of control and live fully in Your love and power today.



















Your Verse

Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Supporting Scriptures

- Jeremiah 32:27 "I am the LORD, the God of all mankind. Is anything too hard for me?"
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Devotional: Trusting God's Good Plan Always

Letting go culminates in embracing God's good, peaceful plan. Romans 8:28 offers profound comfort that God orchestrates all things for good, especially when we love Him and seek His purpose. This means that even when family plans shift unexpectedly, God weaves those moments into His perfect story for us.

Jeremiah 32:27 reminds us of God's unlimited power—no situation is too difficult for Him. Romans 15:13 prays that God fills us with joy and peace as trust grows in Him, reinforcing hope no matter the uncertainty.

Today, celebrate the freedom found when you release control and trust God's peaceful plan. This freedom brings spiritual joy and strength to face whatever family changes arrive with confident hope.







Reflect and Apply

1.	How can I better see God's hand working in unexpected family changes?
	What doubts or fears remain about God's power to handle my family's situation?
3.	How does hope in God's plan bring peace even during difficult times?







Journaling Prompts

	Reflect on a past family situation where God worked good through difficulty.
2.	Write a declaration of trust in God's power and plans.
3.	Journal your hopes for how God will direct your family in the future.







Prayer for Today

Gracious Father, thank You for working all things for good in my life and family. Help me to trust wholeheartedly that no challenge is too great for You to handle. Fill me with Your hope, joy, and peace as I embrace Your plan, even when it differs from mine. Strengthen my faith to release control and rest fully in Your loving guidance today and always. Amen.









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