# Trusting God: Letting Go of Control in Your Marriage



A 7-day plan for women learning to release control and trust God with their spouses in marriage.





#### Table of contents

<u>Introduction</u>	3
Day 1: Surrendering Control	4
Day 2: B Cultivating Patience	10
Day 3: Trusting God's Protection	16
Day 4: Communicating with Grace	22
Day 5: Embracing God's Timing	28
Day 6: 🎔 Partnering in Faith	34
Day 7:  Growing in Trust and Love	40







#### Introduction

Marriage is a beautiful journey, yet it often comes with challenges, especially when it feels like control is slipping through our fingers. Many women desire to ensure harmony and safety in their marriage, which can lead to holding tightly to control, micromanaging decisions or worrying about their spouses. But God calls us to a deeper trust—one that invites *letting go* and resting in His sovereign care.

As you embark on this seven-day Bible study, you will be encouraged to release the burden of control and place your marriage fully into God's hands. The Scriptures provide wisdom and reassurance that **God's plans** for your spouse and your relationship are for good (Jeremiah 29:11). This is not about passivity but an active trust in God's power and love.

**Letting go** is often an act of courage that leads to peace, growth, and deeper intimacy. Over this week, we will explore how God equips you through His Word, encourages you to cultivate patience, and gives you the assurance that your marriage is safe in His care. Through reflection, prayer, and journaling, you will begin to break free from the need to micromanage and step into a renewing freedom that honors both your spouse and God.

May this study inspire your heart and transform your perspective as you learn to trust God more deeply in your marriage journey.









Day 1: 🔦 Surrendering Control









Day 1: Nurrendering Control

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







Day 1: Surrendering Control

#### Devotional: The Power of Choosing to Surrender

Holding onto control in marriage can stem from a desire to protect what we love. Yet, the Bible reminds us that true peace begins with trusting God wholeheartedly. Proverbs 3:5–6 encourages us to lean not on our own understanding but to submit all our ways to the Lord. This surrender—though challenging—is the first step toward freeing yourself from anxiety about your spouse and the relationship.

When we release control, we acknowledge that God's wisdom far surpasses our own. We stop micromanaging situations and begin to look for God's guidance through prayer and Scripture. It's a daily choice to trust that God will direct your path even when circumstances feel uncertain.

**Today**, practice surrender by bringing your worries about your spouse to God. Write down areas where you tend to control or worry excessively. Then consciously choose to trust God with those areas, relinquishing your grip and inviting His peace.







Day 1: 🔦 Surrendering Control

# Reflect and Apply

1.	What are some areas in your marriage where you feel the need to control?
2.	How does trusting God change your perspective on these areas?
3.	What feelings come up when you consider surrendering control to God?







Day 1: 🔦 Surrendering Control

# **Journaling Prompts**

1.	List three specific ways you try to control your spouse or marriage.
2.	Write a prayer surrendering these areas to God's care.
	Describe how you hope your marriage will change when you trust God more.







Day 1: Surrendering Control

#### Prayer for Today

Dear Lord, I admit that I often hold tightly to control in my marriage because I want to protect what I love. Today, I choose to surrender my fears and anxieties to You. Help me to trust Your wisdom and timing, knowing You care deeply for my spouse and our relationship. Grant me peace as I learn to rest in Your guidance rather than my own understanding. Teach me to lean on You daily. *Thank You for being my refuge and strength.* Amen.  $\bigwedge$ 









Day 2: 💋 Cultivating Patience









Day 2: **B** Cultivating Patience

#### Your Verse

Ephesians 4:2 NIV – "Be completely humble and gentle; be patient, bearing with one another in love."

#### **Supporting Scriptures**

- James 1:4 "Let perseverance finish its work so that you may be mature and complete."
- 1 Corinthians 13:4 "Love is patient, love is kind..."







Day 2: B Cultivating Patience

#### Devotional: Embracing Patience as an Act of Love

Patience is a fruit of love and an essential ingredient in any healthy marriage. When we try to control, impatience often leads to frustration and conflict. Ephesians 4:2's call to be humble, gentle, and patient invites us to cultivate an attitude that bears with our spouses in love.

Patience means waiting without anxiety, giving grace when things don't go according to plan, and trusting that growth happens in God's timing. It can be difficult to wait when emotions run high or when your spouse's actions differ from your expectations. But patience also reflects God's heart toward us—He is patient with our flaws and ongoing growth.

**Today**, look for moments to extend patience instead of control. Maybe pause before reacting or take a deep breath before offering opinions. Allow God to soften your heart and help you respond with love and understanding.







Day 2: 💋 Cultivating Patience

# Reflect and Apply

In what situations do you struggle most with patience in your marriage?
How can patience demonstrate love rather than control to your spouse?
What biblical examples of patience inspire you to trust God's timing?







Day 2: 💋 Cultivating Patience

# **Journaling Prompts**

	Recall a recent moment when impatience affected your marriage negatively.
2.	Write ways you can practice patience intentionally this week.
	Reflect on how God's patience with you encourages you to be patient with others.







Day 2: **B** Cultivating Patience

#### Prayer for Today

**Lord Jesus,** teach me to be patient and loving toward my spouse. When I want to rush or control, remind me to pause, breathe, and show grace. Help me reflect Your kindness and humility, even during difficult moments. Make my heart soft and understanding, that I may nurture our marriage with love that waits and trusts. Thank You for Your endless patience with me. Amen.



















#### Your Verse

Psalm 46:1 NIV - "God is our refuge and strength, an ever-present help in trouble."

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you... I will strengthen you and help you."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







#### Devotional: Finding Refuge in God's Strength

When control feels necessary, it's often because of fear—fear of harm, conflict, or loss. God reminds us through Psalm 46:1 that He is our refuge and strength, always ready to help when we face trouble. Trusting God means believing no harm will overcome your marriage apart from His sovereign plan and protection.

Letting go of the need to micromanage is letting God be your protector. You are not left to fend for yourself or your spouse. Instead, you can confidently rest in God's power and goodness.

**Today**, remind yourself that God is your stronghold. When anxiety about your spouse surfaces, turn to Scripture and declare God's promises. Pray for His hand of protection over your marriage, and resist the urge to control out of fear.







# Reflect and Apply

1.	What fears drive your desire to control aspects of your marriage?
2.	How does God's promise to be your refuge help you release those fears?
	How might trusting God's protection transform your interactions with your spouse?







# **Journaling Prompts**

1.	Write down fears you have about your marriage or spouse.
2.	Record Scripture verses that remind you of God's protection and strength.
3.	Describe what it looks like to trust God instead of controlling out of fear.







#### Prayer for Today

**God Most High,** You are my refuge and strength when fears threaten my heart. Help me to lean on You rather than gripping tightly to control. Guard my marriage with Your powerful hand and calm my anxious thoughts. Teach me to rest confidently in Your protection, knowing You work all things for good. May I surrender fear and embrace Your peace today. Amen. ① ⑤ 从 ��

















#### Your Verse

Colossians 4:6 NIV – "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

#### **Supporting Scriptures**

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







#### Devotional: Grace-Filled Words Build Trust

**Communication is key in marriage,** especially when learning to let go of control. How you speak to your spouse can either build trust or drive a wedge deeper. Colossians 4:6 advises our words to be full of grace—thoughtful, kind, and considerate.

When you feel the urge to direct or micromanage, choose instead to communicate with gentleness and patience. Listening before reacting can defuse tension and invite understanding.

**Today**, practice speaking with grace. Notice the tone and intention behind your words. Embrace the discipline of listening well and responding with love rather than commands or criticism. Your communication can be a powerful tool to foster trust and cooperation.







# Reflect and Apply

	How does your communication style help or hinder trust in your marriage?
2.	In moments of control, how can you pause to choose grace-filled words?
3.	What difference might it make to focus on listening more deeply?







# **Journaling Prompts**

	Write about a recent conversation where grace impacted your marriage positively.
	Identify phrases or tones you want to replace with more gentle communication.
3.	List practical ways to listen better and respond in love.







#### Prayer for Today

**Lord,** help me to fill my words with grace and kindness. When I am tempted to control through harshness or impatience, guide me to speak gently and listen earnestly. May my conversations with my spouse build bridges of trust and understanding. Teach me to be quick to listen and slow to anger, reflecting Your love in every word. Amen.  $\bigcirc$ 

















Day 5: W Embracing God's Timing

#### Your Verse

Ecclesiastes 3:1 NIV - "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."
- 2 Corinthians 12:9 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness."







Day 5: SEmbracing God's Timing

#### Devotional: Walking Steadily in God's Seasons

**Patience with God's timing** is as important as patience with your spouse. Marriage growth and change often happen slowly. Ecclesiastes 3:1 reminds us that there is a proper time for everything.

Trying to force progress or outcomes disrupts God's perfect plan and can cause unnecessary strain. Trusting His timing means walking by faith, not by sight.

**Today**, reflect on the seasons your marriage has passed through. Recognize that challenges or delays may be part of God's shaping work. Ask God to help you embrace His timing, trusting that each season serves a purpose in your story together.







Day 5: 🌄 Embracing God's Timing

# Reflect and Apply

1.	What seasons of your marriage require more trust in God's timing?
2.	How can you rest when progress seems slow or stalled?
3.	What might God be teaching you through waiting?







Day 5: 🌄 Embracing God's Timing

# **Journaling Prompts**

	Describe a season of waiting or challenge in your marriage and what you learned.
2.	Write about how you can surrender impatience to God's perfect timing.
3.	List hopes you have for your marriage and pray for patience as they unfold.







Day 5: W Embracing God's Timing

#### Prayer for Today

Heavenly Father, thank You for Your perfect timing in every aspect of life and marriage. Help me trust when things move slowly or challenges linger. Give me grace to rest in Your plans, even when I don't understand the season I'm in. Teach me to depend on Your strength, knowing Your timing is always best. May I learn to walk steadily with You, hand in hand with my spouse. Amen.









# Day 6: Partnering in Faith









Day 6: OP Partnering in Faith

#### Your Verse

Ecclesiastes 4:9-10 NIV - "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."
- 1 Peter 3:7 "Husbands, be considerate as you live with your wives, and treat them with respect."







Day 6: Partnering in Faith

# Devotional: Strengthening Marriage Through Partnership

**Marriage is a partnership designed by God,** where both spouses support and uplift one another. Micromanaging your spouse may stem from a misunderstanding of this partnership dynamic. Ecclesiastes 4:9–10 shows the strength two bring when working together and caring for one another.

True partnership means encouraging your spouse in faith, sharing burdens, and respecting differences rather than controlling. When you trust God, you can better empower your spouse to grow and flourish.

**Today**, consider ways you can strengthen your marriage partnership through faith-based encouragement and mutual respect. Invite God to help you support your spouse while letting go of the need to direct every step.







Day 6: 🎔 Partnering in Faith

# Reflect and Apply

1.	How does seeing marriage as a partnership change your need for control?
	In what ways can you better support your spouse's spiritual and personal growth?
3.	What boundaries can you set that honor both your roles in marriage?







Day 6: 🎔 Partnering in Faith

#### **Journaling Prompts**

1.	Write about ways you and your spouse currently support each other.
2.	Identify areas where you might step back to encourage your spouse's independence.
3.	Pray for a heart of respect and teamwork in your marriage.







Day 6: 🎔 Partnering in Faith

#### Prayer for Today

**Lord God,** thank You for creating marriage as a partnership. Help me to support and uplift my spouse rather than control. Teach me to carry burdens together, to respect, and to encourage with faith-filled love. May our marriage reflect Your design of unity and grace. Strengthen us to walk faithfully side by side, trusting You each step of the way. Amen.  $\heartsuit$ 

















#### Your Verse

1 Corinthians 13:7 NIV – "It always protects, always trusts, always hopes, always perseveres."

#### **Supporting Scriptures**

- John 15:5 "Apart from me you can do nothing."
- Philippians 4:13 "I can do all this through him who gives me strength."







#### Devotional: Abiding in Love and Trust Daily

**Love is the foundation of trust** in marriage and the force that helps us release control. 1 Corinthians 13:7 reminds us that love always trusts and always perseveres. As you grow in trust—both in God and in your spouse—love will flourish.

Remember, true strength in marriage comes from abiding in Christ. As John 15:5 says, apart from Him, we can do nothing. Let God be your source of strength so you can walk confidently in trust and patience.

**Today**, celebrate the progress you've made in letting go of control. Commit to continuing to grow in trust and love, knowing that with God's help, your marriage can thrive even amid challenges.







# Reflect and Apply

1.	How has your understanding of trust changed through this study?
2.	In what ways can you continue growing in love and patience daily?
3.	How does relying on Christ empower you to release control?







#### **Journaling Prompts**

Write a commitment statement about trusting God in your marriage.
List ways you can nurture love and trust with your spouse each day.
Pray for strength to persevere and love unconditionally.







#### **Prayer for Today**

**Dear Jesus,** thank You for teaching me that love trusts, hopes, and perseveres. Help me to continue growing in trust—not only in my spouse but most importantly in You. Let Your strength be my foundation as I release control and embrace love fully. May our marriage be a reflection of Your abiding grace and peace. Guide me to love patiently and faithfully, every day. Amen.









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