# Trusting God When You're Out of Options



A 7-day journey encouraging women to surrender control, deepen faith, and trust God through every challenge and uncertainty.





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#### Introduction

Welcome to this 7-day Bible study on trust and faith for women facing moments when options run dry. Life often places us in situations where control seems lost, and hope feels distant. In these seasons, surrendering to God and strengthening our walk by faith become essential. This plan encourages you to embrace God's sovereignty, just as women in the Bible did, who exemplified faith amidst trials.

Each day, you will explore Scripture passages highlighting God's faithfulness and receive devotional insights to inspire trust rather than fear. Reflective questions and journaling prompts invite deep personal engagement to help you practically apply these truths in your life. As you meditate on these lessons, may you find courage to relinquish worries and embrace God's perfect timing and plan for your life. Remember, even when options seem exhausted, God's power and love never run dry.

Let this study strengthen your heart, remind you that surrender is a pathway to freedom, and encourage you to walk boldly by faith each day. Whether you feel overwhelmed, uncertain, or pressured, God meets you right where you are. He invites you to trust Him fully, knowing that His purposes are higher and His provision far greater than any circumstance.

















#### 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 37:5 "Commit your way to the Lord; trust in him and he will do this."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: Letting Go and Leaning Into God

When you feel out of options, the natural impulse is to try harder or control the situation. But God invites us to surrender all our ways to Him and trust that He will make our paths straight. Proverbs 3:5–6 reminds us to rely not on our own limited understanding but on God's full wisdom and love. This shift from self–reliance to faith is the first step in walking through life's uncertainties.

Imagine placing your whole heart before God like a little girl placing her hand in her mother's—safe, secure, and trusting. Even when the road ahead looks uncertain, God is there, guiding each step. Surrender does not mean giving up but choosing to stop striving and start trusting. It's recognizing that your circumstances don't have the final say—God does.

Today, take a moment to hand over whatever you are trying to control. Ask God for courage to lean into Him and faith to follow without knowing the destination fully. He promises to be with you always, to guide you, and to provide paths you cannot see yet.







# Reflect and Apply

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#### **Journaling Prompts**

	List three situations where you've tried to control the outcome instead of trusting God.
	Write down what surrendering control to God would look like practically for you today.
	Describe how you feel when you think about giving your worries to God completely.







#### Prayer for Today

Dear Heavenly Father, today I choose to surrender my desire to control every detail. Help me trust You with all my heart and lean not on my own understanding. Thank You for making my paths straight when I feel lost or overwhelmed. Surround me with Your peace and guide me step by step, even when I don't see the way ahead. Teach me to rest in Your presence and walk boldly by faith, knowing You are faithful. In Jesus' name, Amen.



















#### Your Verse

2 Corinthians 5:7 - "For we live by faith, not by sight."

#### **Supporting Scriptures**

- Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see."
- Romans 8:24–25 "For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?"







#### Devotional: Choosing Faith Over What Eyes See

Faith means trusting God even when the path ahead isn't clear. 2 Corinthians 5:7 reminds us that living by faith requires believing in God's promises without seeing the physical evidence first. When options run out, our eyes often fixate on obstacles, but God calls us to fix our eyes on Him instead.

Women in the Bible, like Sarah and Hannah, held on to faith through long seasons of waiting and uncertainty. Their hope was not based on current circumstances but on God's unchanging character and promises.

This kind of faith unleashes peace and courage that defy logic and feelings. It's a daily decision to choose God's perspective over what our senses report. Even when your future is uncertain, your faith in God's power and love can anchor your soul.

Today, practice living by faith, trusting that God sees what you cannot and is orchestrating your life for good.







## Reflect and Apply

1.	What fears or doubts surface when you look at your current situation?
2.	How can you remind yourself to live by faith and not by sight every day?
	Who are biblical women who modeled this faith, and what can you learn from them?







## **Journaling Prompts**

1.	Recall a time you chose faith over fear—what was the outcome?
2.	Write a prayer asking God to strengthen your faith when you feel afraid.
3.	Identify specific fears that prevent you from trusting God fully.







#### Prayer for Today

Lord, help me to live by faith, not by what I see or feel. When my circumstances look bleak, remind me that You are bigger than my fears. Strengthen my hope and give me confidence in Your promises. Help me be like Sarah, Hannah, and other women who trusted You through waiting and wondering. Let my faith be a light to others as I walk forward trusting You. In Jesus' name, Amen.









# Day 3: 🏟 Finding Strength in Weakness









Day 3: 🏠 Finding Strength in Weakness

#### Your Verse

2 Corinthians 12:9 - "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.

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 3: 🏠 Finding Strength in Weakness

#### Devotional: God's Power Shines Through Weakness

Feeling powerless or weak can be discouraging, especially when options run out. Yet God reveals a beautiful paradox: His power shines brightest through our weakness. 2 Corinthians 12:9 assures us that God's grace is enough for every weakness we face.

When women in Scripture experienced vulnerability, God used their weak moments to display His strength and work miracles. This encourages us not to fear our limitations or hardships but to lean hard into God's grace.

God doesn't call you to be strong on your own but to rely on His power working through your weakness. When you feel overwhelmed or defeated, remember He is your refuge, ready to renew and restore.

Today, embrace your weakness as an opportunity for God's strength to be revealed. Rest in His grace and let His power carry you through.







Day 3: 3 Finding Strength in Weakness

## Reflect and Apply

1.	What weaknesses or limitations do you struggle to accept about yourself?
2.	How can viewing weakness as an opportunity for God's power change your perspective?
3.	When have you experienced God's strength in your vulnerable moments?







Day 3: 3 Finding Strength in Weakness

#### **Journaling Prompts**

	Write about a difficult time when God gave you strength beyond your own.
2.	List ways you can invite God's grace into your current weaknesses.
3.	Describe what trusting God's sufficiency means for your daily life.







Day 3: 🏠 Finding Strength in Weakness

#### Prayer for Today

**Gracious Father,** thank You that Your grace is sufficient and Your power is perfect in my weakness. When I feel weak or powerless, help me lean on Your strength instead of my own. Remind me that You are my refuge and everpresent help. Teach me to boast in my weaknesses so Your power can rest upon me. Fill me with courage and peace as I surrender my limitations to You. In Jesus' name, Amen.











# Day 4: O Trusting God's Timing









Day 4: A Trusting God's Timing

#### 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."







Day 4: 👌 Trusting God's Timing

#### Devotional: Resting in God's Perfect Timing

When options seem exhausted, impatience can creep into our hearts. Yet God's timing is perfect even when it feels slow or confusing. Ecclesiastes 3:1 reminds us that every season under heaven has its appointed time.

Women in the Bible, such as Rebekah and Ruth, experienced waiting seasons that tested their patience but ultimately revealed God's faithful timing. Waiting doesn't mean God is absent or indifferent. It means trust and maturity are developing inside us.

God's delays are often times of preparation, growth, and refining. Surrendering to His timing requires faith that His plan is worth waiting for. Impatience can cause us to act prematurely, but resting in God's clock brings peace and assurance.

Today, reflect on God's perfect timing and let go of the urge to rush or force outcomes. Trust that the right door will open at His best moment.







Day 4: 👌 Trusting God's Timing

## Reflect and Apply

1.	Where do you find it hardest to wait on God's timing?
2.	How can embracing waiting seasons build your faith and character?
3.	What steps can you take to surrender impatience to God?







Day 4: 👌 Trusting God's Timing

#### **Journaling Prompts**

1.	Write about a season you waited patiently and how God's timing was perfect.
2.	Make a list of ways you can cultivate patience when God's plan seems delayed.
3.	Journal your feelings about God's timing in your current situation.







Day 4: \( \square\) Trusting God's Timing

#### Prayer for Today

**Lord,** teach me to wait patiently and trust Your perfect timing. Help me believe that every season has meaning and purpose, even when I don't understand. Give me strength to be still and confident that You are working behind the scenes. Remove my impatience and replace it with peace as I rest in Your plans. Thank You for never being late. In Jesus' name, Amen.



















Day 5: O Courage to Step Out in Faith

#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

#### **Supporting Scriptures**

- Esther 4:14 "And who knows but that you have come to your royal position for such a time as this?"
- Psalm 56:3 "When I am afraid, I put my trust in you."







Day 5: Courage to Step Out in Faith

# Devotional: Moving Forward Boldly with God's Strength

Trusting God often calls for courage, especially when you're stepping toward unknowns. Joshua 1:9 encourages us to be strong and courageous because God's presence goes with us wherever we go.

Esther's story reveals a woman who bravely stepped into her royal position to save her people—despite fear and uncertainty. Similarly, God calls you to step out by faith, trusting that He is with you. Courage is not the absence of fear but choosing to trust God despite it.

When options fade, God may be inviting you into a new, fearless chapter. He strengthens your heart, equips your steps, and fills you with boldness beyond your own abilities.

Today, ask God to give you the courage to move forward. Declare your trust in His presence, no matter what lies ahead. Let faith overcome fear and propel you into His plans for your life.







Day 5: 🖰 Courage to Step Out in Faith

# Reflect and Apply

1.	What fears hold you back from stepping out in faith?
2.	How does knowing God is always with you change your approach to challenges?
3.	In what ways can you be courageous for God's purposes today?







Day 5: 🖰 Courage to Step Out in Faith

## **Journaling Prompts**

1.	Write about a time you stepped out in faith despite fear.
2.	List specific fears you want to surrender to God for courage.
3.	Compose a declaration of trust affirming God's presence with you.







Day 5: 6 Courage to Step Out in Faith

#### Prayer for Today

**Father God,** thank You that You are always with me. I confess my fears and ask for Your courage to face each new step. Help me be strong and courageous, trusting in Your power and presence. When I'm discouraged, remind me to put my trust in You. Empower me to live boldly for Your glory and purpose. In Jesus' powerful name, Amen.

















#### Your Verse

John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Receiving Christ's Unshakable Peace

When options are scarce, fear and anxiety can flood our hearts. Jesus offers us a peace unlike anything the world can provide—a peace that calms troubled hearts and removes fear. John 14:27 reminds us that His peace is a divine gift.

Women in Scripture, like Mary Magdalene and Anna the prophetess, found peace and hope amid their hardships by focusing on Christ. This peace guards our hearts and minds, anchoring us securely in God's love even amid storms.

Today, invite God's peace to guard your anxious thoughts. Choose to release worries and rest in the unshakable calm only Jesus can give. As you trust Him, His peace will be a fortress protecting your soul.







# Reflect and Apply

1.	What fears try to steal your peace right now?
2.	How can you practically claim God's peace daily?
3.	Who in Scripture inspires you to trust God in trials?







## **Journaling Prompts**

1.	List worries you want to surrender to God's peace today.
2.	Reflect on a time when God's peace sustained you during difficulties.
3.	Write a prayer asking Jesus to fill your heart with His peace.







#### Prayer for Today

**Jesus,** thank You for Your perfect peace that calms my troubled heart. Help me not to fear or be anxious but to trust You completely. Guard my heart and mind as I face challenges and uncertainty. Fill me with Your peace that transcends understanding and make me steadfast in my trust. I surrender my worries and receive Your gift of peace today. Amen.



















#### Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

#### **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 31:24 "Be strong and take heart, all you who hope in the Lord."







#### Devotional: Overflowing with Hope and Trust in God

As this study concludes, remember that trusting God is a lifelong journey filled with hope. Romans 15:13 beautifully reminds us that God, the source of hope, will fill our hearts with joy and peace as we trust Him.

Women in the Bible, like Deborah and Mary, carried hope that empowered them to impact generations. Their stories encourage us to walk forward not in fear, but overflowing with hope fueled by the Holy Spirit.

Hope is an active choice to believe that God's plans for you are good, even when circumstances suggest otherwise. It gives strength to face uncertainties with confidence and joy.

Today and beyond, may you be strengthened to walk boldly forward with hope, joy, and peace, trusting in God's promises all the way.







# Reflect and Apply

1.	What hope do you need to hold onto right now?
2.	How can you cultivate more joy and peace as you trust God?
3.	In what ways will you walk forward differently after this study?







## **Journaling Prompts**

1.	Write about your hopes for the future and God's role in them.
2.	List prayers for joy and peace as you trust God daily.
3.	Reflect on what trusting God has taught you during this study.







#### Prayer for Today

**God of Hope,** thank You for filling me with joy and peace as I trust in You. Help me overflow with hope by the power of the Holy Spirit. Strengthen my heart and give me courage to walk forward confidently in Your plans. May I always remember that Your thoughts toward me are good, and You hold my future securely. Guide me to live in hope every day. In Jesus' name, Amen.









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