

Life Steps

Grow Together: Give Up

Day 1

Matthew 8:5-13

Morning Reflection

Affirm: I need God.

Commit: Today I will become aware of areas I have not yet fully surrendered to God.

Prayer: Father, not my will, but your will be done.

Evening Reflection

Review The Day: In what areas of my life have I not fully surrendered to God?

Affirm: I am on a lifelong journey and God's mercies are new every morning.

Pray: Jesus, I trust you will make all things right if I surrender to your will.

Day 2

Matthew 26:39-42

Morning Reflection

Affirm: I need God.

Commit: Today I resolve not to avoid or manage pain but to give it to God.

Prayer: Father, not my will, but your will be done.

Evening Reflection

Review The Day: Where did I experience pain today and was I able to give it to God?

Affirm: I am on a lifelong journey and his mercies are new every morning.

Pray: Jesus, I trust you will make all things right if I surrender to your will.

Day 3

Romans 12:1

Morning Reflection

Affirm: I need God.

Commit: Today I resolve to be aware of when my ego shows up.

Pray: Father, not my will, but your will be done.

Evening Reflection

Review The Day: Where did my ego show up?

Affirm: I am on a lifelong journey and his mercies are new every morning.

Pray: Jesus, I trust you will make all things right if I surrender to your will.

Day 4

Galatians 2:20

Morning Reflection

Affirm: I Need God.

Commit: Today, I resolve to relinquish my will and way to another.

Pray: Father, not my will, but your will be done.

Evening Reflection

Review The Day: Was I able to surrender my will and way to another?

Affirm: I am on a life long journey and his mercies are new every morning.

Pray: Jesus, I trust you will make all things right if I surrender to your will.

Day 5

Matthew 16:24-25

Morning Reflection

Affirm: I Need God.

Commit: Today I resolve to become aware of areas I am trying too hard to control.

Prayer: Father, not my will, but your will be done.

Evening Reflection

Review the Day: In what areas am I trying too hard to control?

Affirm: This is a lifelong journey and God's mercies are new every morning.

Pray: Jesus, I trust you will make things right if I surrender to your will.

Day 6

Luke 9:57-62

Morning Reflection

Affirm: I Need God

Commit: Today I resolve to raise my awareness that all of my wealth and possessions belong to God.

Pray: Father, not my will, but your will be done.

Evening Reflection

Review the Day: Did I live as if all I own is a gift from God?

Affirm: This is a lifelong journey and God's mercies are new every morning.

Pray: Jesus, I trust you will make all things right if I surrender to your will.

Day 7

Hebrews 12:1-3

Morning Reflection

Affirm: I Need God.

Commit: Today I resolve to confess to a trusted person how I have struggled this week to surrender.

Pray: Father, not my will, but your will be done.

Evening Reflection

Review The Day: Did I confess to a trusted person? Why or why not?

Affirm: This is a lifelong journey and God's mercies are new every morning,

Pray: Jesus, I trust you will make all things right if I surrender to you.