

BECOMING A PERSON WHO CAN LET GO

Prayer Workout Plan based on Proverbs 3:5-6

*Trust in the Lord with all your heart; do not depend on your own understanding.
Seek his will in all you do, and he will show you which path to take.*

1. IDENTIFY the weight you are carrying.

"Trust in the Lord with all your heart"

Ask the Holy Spirit to show you a situation in your life that you may be struggling to trust God with.

- Relax and be still.
- If something comes to mind, write it down.

Remember: Jesus' ability to let go was determined by His trust in God.

2. LIFT the weight.

"do not depend on your own understanding"

When you have identified an area that you are struggling to trust God, lift that situation up to God.

- Tell God how you feel about it.
- Invite the Holy Spirit to give you God's wisdom on what to do next.

Repeat this: when you are tempted to worry and figure out the situation:

I trust it all to the one who knows it all

3. RELEASE the weight.

"Seek his will in all you do, and he will show you which path to take."

Invite God to show you what steps to take.

- If you are not sure what to do next, just keep being obedient to what God has already asked you to do.

Remember: When I choose to let go, I make space for God to show up in my life and lead me into his best path.