

How to Find Strength in Surrender: 15 Steps to Letting Go and Trusting God

By Melkisedeck Leon Shine · July 5, 2023

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In life, we often find ourselves facing challenges and struggles that leave us feeling overwhelmed and helpless. It is during these moments that we must learn to surrender and trust in God's plan for us. Surrendering does not mean giving up or losing control; rather, it is an act of faith and trust in God's divine wisdom and guidance. In this article, we will explore 15 steps to help you find strength in surrender, drawing inspiration from biblical examples and teachings.

1 Seek God's Presence: Begin each day by inviting God into your life through prayer and meditation. Allow His presence to fill your heart and give you the strength you need.

2 Trust in His Promises: Remember the words of Isaiah 41:10, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

3 Let Go of Control: Release your need to control every aspect of your life and trust in God's perfect plan. Proverbs 3:5-6 reminds us, "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."

4 Embrace God's Timing: Understand that God's timing is perfect, even if it doesn't align with your own. Ecclesiastes 3:1 reminds us, "There is a time for everything, and a season for every activity under the heavens."

5 Surrender Your Worries: Cast your anxieties and worries upon God, knowing that He cares for you (1 Peter 5:7). Let go of the burdens that weigh you down and trust that God will provide for your needs.

6 Learn from Jesus' Example: Look to Jesus' life and teachings for inspiration. Jesus surrendered Himself to the will of the Father, even in the face of great suffering. Mark 14:36 says, "Yet not what I will, but what you will."

7 Seek God's Guidance: In times of uncertainty, seek God's guidance through prayer and His Word. Proverbs 3:6 reminds us, "In all your ways acknowledge him, and he will make your paths straight."

8 Let Go of Grudges: Release any anger or bitterness you may hold towards others. Forgive as God has forgiven you (Ephesians 4:32). Forgiveness frees your heart and allows you to surrender to God's love.

9 Surrender Your Desires: Surrender your own desires and align yourself with God's will. Proverbs 16:3 says, "Commit to the Lord whatever you do, and he will establish your plans."

? Lean on God's Strength: When you feel weak or overwhelmed, rely on God's strength to carry you through. Philippians 4:13 reminds us, "I can do all things through Christ who strengthens me."

11 Trust in God's Provision: Have faith that God will provide for your needs, just as He provided manna to the Israelites in the wilderness (Exodus 16:15). Let go of worries about the future and trust in His provision.

12 Surrender Your Fears: Release your fears to God, knowing that He is always with you (Isaiah 41:13). Allow His perfect love to cast out all fear and give you the courage to surrender.

13 Find Peace in Surrender: Surrendering to God's plan brings a deep sense of peace and contentment. Philippians 4:7 reminds us, "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

14 Surrender Your Doubts: Release any doubts or insecurities you may have and fully trust in God's love and faithfulness. James 1:6 encourages us to ask in faith, with no doubting.

15 Embrace Surrender as a Lifestyle: Surrender is not a one-time event but a continuous act of faith. Embrace surrender as a lifestyle, always seeking to align yourself with God's will and trusting in His guidance.

May these 15 steps guide you on your journey to finding strength in surrender. Remember that God is always with you, ready to equip you with the strength and courage you need. Surrender your worries, fears, and desires to Him, and experience the peace and joy that come from fully trusting in His plan. May you be blessed abundantly as you surrender and trust in God's unfailing love. ??