

## **Trusting God with Open Hands - ROOT WORK – Week 2**

### **‘Letting Go of Control’**

#### **Main Scripture:**

Luke 1: 26–38 (NKJV) (Mary’s Surrender) - “Then Mary said, ‘Behold the maidservant of the Lord! Let it be to me according to Your word.’ And the angel departed from her.”

#### **Supporting Scriptures:**

Psalms 20:7

Proverbs 3:5–6

Jeremiah 17:7–8

Isaiah 7:14

Psalms 37:5

2 Corinthians 5:7

Isaiah 55:8–9

Proverbs 19:21

Romans 8:28

Psalms 62:8

Isaiah 26:3

#### **Takeaways:**

1. Control often disguises itself as wisdom, responsibility, or protection—but it is usually rooted in fear.
2. Letting go of control means trusting God’s Word more than our plans or understanding.
3. Mary models surrender before clarity... obedience without guarantees.
4. Biblical trust does not require full visibility; it requires faith in God’s character.
5. Surrender releases worship, while control restricts it.
6. God does not ask us to open our hands to expose us, but to redeem what has wounded us.
7. Peace is not the prerequisite for surrender; peace is the result of surrender.
8. When we place our stories in God’s hands, He wastes nothing and redeems everything.

#### **Discussion Questions:**

1. When you hear the phrase “letting go of control,” what emotions surface for you and why?
2. What does Mary’s response in Luke 1 reveal about trusting God before understanding?
3. What are some “chariots and horses” you may be tempted to trust instead of God?
4. How have you seen control shrink worship or joy in your life?
5. What does trusting God with open hands look like practically for you right now?
6. Is there an area where God is asking you to surrender before clarity?
7. How does Romans 8:28 shape the way you view difficult seasons?
8. What step of obedience might God be inviting you to take without guarantees?

#### **Reflection:**

This week, take time each day to physically open your hands in prayer and say:

“Lord, I release what I cannot control and receive what only You can give.”

Ask God to reveal what you may be gripping too tightly and where He is inviting deeper trust.