



GUIDED BIBLE STUDY

Open Hands, Surrendered Heart

Speaker: Donnie Thomas

Highlighted Scripture

- **Psalm 46:10 (World English Bible (WEB))**

"Be still, and know that I am God."

Psalm 46 speaks into upheaval and conflict with a call to stop striving and recognize God's sovereign rule. Donnie connects that truth to daily surrender: releasing our illusion of control, bringing our burdens honestly to the Lord, and approaching each day with open hands.

Discussion Questions

- How does Donnie distinguish commitment from surrender, and why does that difference matter in a relationship with God?
- Where might overcommitment or partial commitment be weakening your ability to follow through faithfully?
- What responsibilities are genuinely yours to carry, and what outcomes are you still trying to control?
- How does the setting and message of Psalm 46 deepen the invitation to be still and trust God's rule?
- What would it look like for you to bring one burden to God with open hands this week?

Reflection Challenge

Practice beginning each day with intentional surrender. Bring your plans, responsibilities, concerns, and even the seemingly small things before God. Name them honestly, release the outcomes you cannot control, and ask the Lord to guide the faithful actions that remain yours to take.

Ask yourself:

- What am I holding most tightly right now?
- Am I offering God wholehearted surrender or only partial commitment?
- What fear makes it difficult for me to release control?
- How would trust change the way I enter today?

Try this:

- Sit quietly with your hands closed and name what you are carrying before God.
- Open your palms as a simple physical reminder that you are releasing the outcome to Him.

- Read Psalm 46 slowly, noticing who God is amid trouble and uncertainty.
- Choose one clear act of obedience for today, then entrust the results to the Lord.

Remember

- Commitment is a promise to follow through; surrender releases control to God.
- Partial surrender is still an attempt to remain in charge.
- Being still is not passivity; it is trusting God's sovereignty while responding faithfully.
- Daily Bible reading is meant to draw us toward God, not become a box we merely check.
- The power of 'let go and let God' begins with the intentional act of letting go.
- Open hands can remind us to give God our burdens, plans, and outcomes each day.

Prayer

Heavenly Father,

You are our refuge and our God even when life feels busy, uncertain, or beyond our control. Show us where our commitments have become half-hearted and where we are still trying to manage outcomes that belong in Your hands.

Teach us to be still, to know that You are God, and to surrender ourselves fully to You. Help us approach Your Word with attention, bring every burden before You honestly, and obey You faithfully with open hands. Guide our plans and use each day for Your purposes, whether or not the results look the way we expect.

In Jesus' name, Amen.