

New Year, New You – Week 4 Homework

Surrendering Control: Authority & Humility

Theme: Rebellion, pride, mistrust | Goal: Trusting God again where I learned to protect myself

1) Reflection (Be honest — not harsh)

Answer in 1–3 sentences each:

1. Where do I most often feel the need to be in control? (Relationships, money, parenting, work, health, ministry, emotions, outcomes)
2. What am I afraid will happen if I let go?
3. Where did I learn that authority is unsafe?
4. When I resist surrender, what am I trying to protect?

2) Identify the Root Belief

Circle the statements that feel most true when you're stressed:

- ☐ If I don't handle it, no one will.
- ☐ If I trust, I'll be disappointed.
- ☐ I can't rely on anyone.
- ☐ I have to stay strong.
- ☐ If I submit, I'll be controlled.

☐ God may love me, but I'm not sure He'll come through.

☐ Obedience is risky.

☐ I'm safer when I'm in charge.

My root belief is:

3) Scripture Alignment

Read these passages slowly this week:

- Proverbs 3:5–6
- James 4:6
- 1 Peter 5:6–7
- Matthew 11:28–30
- Isaiah 30:15

Write 1 sentence: What is God inviting me into?

4) Prayer of Surrender (Pray daily for 7 days)

Pray this slowly out loud:

“Father, I renounce self-rule and self-sufficiency.

I confess that I have tried to protect myself through control.

I choose humility. I choose trust.

I surrender my need to manage outcomes.

I submit my life, my emotions, and my future to Jesus.

I receive Your grace. I receive Your peace.

In Jesus’ name, amen.”

5) One Act of Humble Obedience

Choose ONE action this week:

- ☐ Apologize quickly where I usually defend myself
- ☐ Ask for help where I usually do it alone
- ☐ Tell the truth where I usually avoid conflict
- ☐ Release an outcome I’ve been trying to control
- ☐ Submit a decision to prayer and counsel before acting
- ☐ Bless an authority figure I struggle with
- ☐ Set a healthy boundary (humility is not passivity)

My act of humble obedience is:

6) Optional (If Authority Wounds Are Present)

Write the name(s) of people who wounded you through authority:

Pray this once this week:

“Jesus, I bring You the wound connected to authority.

I forgive (name) for how they hurt me.

I renounce the lie that authority is always unsafe.

I receive You as my safe Shepherd and my true King.

Teach me to trust again.

In Jesus’ name, amen.”