

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."