

1. Ask God to identify an issue where you need to commit to total surrender. Maybe you have once received the promises of God for this issue but have since become weary in the waiting or current circumstances have caused you become shaky.
2. Take this issue and complete the chart on the other side of this page.
 - a) In the "I feel..." column record your current feelings about the issue.
 - b) In the next column ("Support"), record additional circumstances that are supporting and reinforcing these negative feelings.
 - c) Then, in the "God says..." column, record what God has to say about the issue.
 - d) How has God proven this truth in the past to you or to someone in Scripture? Write this in the next "Support" column.
 - e) Ask the Lord for personal strategies to take captive every thought and feeling connected to this issue. The goal is to uncover lies that cause you to turn to self-care rather than to the One who cares for you and strategies to develop deeper trust in the One who is faithful to keep His word. You are not looking to change your circumstances but to connect to the One who never changes. Make sure to include strategies to help with anything you listed in the first "Support" column.
3. Spend a few minutes in worship with one of your 3DCD's or some favorite praise music of your own. Really focus on entering into the presence of God.
4. Pour your heart out to Him in prayer. Use the following prayer as a guideline or write one of your own. As you pray, envision yourself giving your cares over to God. Picture yourself putting these people, circumstances and pursuits into God's "IN BOX", into His hands, or giving Him your "to-do" list...whatever works for you. As you continue in prayer, picture yourself free from the burden you have been holding on to, finally free to climb into the arms of God and truly rest in Him. Have your journal nearby to record what God gives you.

O Abba Father, I come to You bringing all of who I am to all of Who You are. I bring You my feelings of _____ (pour out the feelings you listed in column 1). I confess to You God that I have let circumstances reinforce these feelings rather than take them to You. I have given in to what my flesh, Satan, and the world tell me I should think and feel. I have let fear and doubt turn me away from Your promises and I have turned to myself to try and figure out a better way. God forgive me for not trusting You more completely with _____ (name the issue clearly). I have not truly believed that _____ (what truth is God calling you to believe at a deeper level?) in this situation. God please heal my believer!! Show me anything that is blocking the way to me receiving this truth. (Take some time to listen to what He has to tell you.) You are faithful God forever, even when my circumstances don't look like it and my emotions don't feel like it. I have seen it! (Recount the deeds of the Lord in your own life and/or in the lives of those in Scripture.) Daddy, I want to climb into Your arms and rest, but just like a little child I resist that rest. Give me a vision of what it would feel like to, with abandon, throw my arms in the air outstretched to Your embrace! Show me what it feels like to truly rest in You Lord so that I never want to settle for anything less. Make Your arms the place that I long to be. Sink Your truths deep into my heart Lord so that they become more sure to me than the sinking sand I've been standing on in this issue. (Take some time to just rest in His arms and let Him whisper His truths to your heart made ready to believe.)

5. Take time to journal about your experience, taking note of anything you need explore further with the Lord. Make use of other Tools and Techniques you have collected throughout the year to help you gain victory over these issues.