**Surrendering Trauma to God**

**Purpose:**  
This worksheet is designed to help you release the weight of trauma into God’s hands, trusting Him to carry your burdens and guide you toward healing. Through prayer, reflection, and surrender, you can find peace in His presence and reassurance in His plan.

**1. What Does It Mean to Surrender to God?**  
Surrendering to God means releasing the need to control what feels unmanageable and trusting Him to hold what you cannot. It is an act of faith, allowing His grace and strength to replace fear, doubt, and pain. Scripture reminds us: *“Cast all your anxiety on Him because He cares for you”* (1 Peter 5:7).

* How do you currently feel about the idea of surrendering your trauma to God?
* What thoughts or fears make it difficult to let go and trust Him completely?

**2. Identifying What You Need to Surrender**  
Healing begins with recognizing the burdens you are carrying and acknowledging that you don’t have to bear them alone.

* What specific burdens related to your trauma feel the heaviest right now (e.g., fear, anger, guilt, sadness)?
* How has holding onto these burdens affected your emotional, spiritual, or physical well-being?

**3. Writing a Prayer of Surrender**  
A prayer of surrender is an invitation for God to take what feels overwhelming and replace it with His peace.

* Write a prayer releasing your trauma to God. Share your fears, ask for His guidance, and trust in His ability to carry you through this season.
* Reflect on how it feels to put your pain into words and place it in God’s hands.

**4. Trusting God’s Timing**  
Healing is not instant—it is a journey that unfolds in God’s perfect timing. Trusting His plan requires patience, faith, and a willingness to lean on Him daily.

* Reflect on a time when God’s timing brought unexpected blessings or growth. What did you learn from that experience?
* How can you remind yourself to trust His process when healing feels slow or uncertain?

**5. Practical Ways to Surrender Daily**  
Surrendering to God is not a one-time act; it is a daily choice to trust Him. Below are practices to help you live in surrender:

* **Morning Prayer:** Begin each day by giving your worries to God and asking for His guidance.
* **Surrender Box:** Write down burdens as they arise and place them in a box as a symbolic act of release.
* **Scripture Meditation:** Reflect on verses about God’s care and strength (e.g., Matthew 11:28-30, Psalm 55:22).
* **Physical Release:** Pair surrender with movement, such as opening your hands while praying or kneeling in submission.
* Which of these practices resonates most with you? Why?
* How can you incorporate this practice into your daily routine?

**6. Reflection: Living in God’s Peace**  
Surrender brings freedom, allowing you to live in the peace and assurance of God’s love.

* Reflect on how surrendering to God has impacted your emotions or mindset. What has changed?
* What would it mean for you to fully trust God with your healing journey?

**Conclusion:**  
Surrendering trauma to God is an act of courage and faith, inviting His strength and love into the spaces where pain once lived. As you release your burdens to Him, trust that He is working for your good, even when you cannot see it. Continue to turn to Him in prayer, lean on His Word, and rest in the promise that His peace will guard your heart and mind.