**Surrendering to God: Trusting Him in Your Recovery Journey**

**Purpose:**
Recovery from addiction requires more than personal resolve—it calls for spiritual surrender. Surrendering to God means releasing the heavy burden of control and trusting in His infinite strength, love, and guidance. Addiction often thrives on the illusion that we can manage it alone, but God invites us to lean on Him, to rest in His promises, and to allow His power to work in our lives.

Surrender is not weakness; it is a bold step of faith, acknowledging that God’s plans are higher and His strength greater than our own. In surrender, we exchange our fear for His peace and our striving for His grace. As He reminds us in Matthew 11:28, *“Come to me, all you who are weary and burdened, and I will give you rest.”* This worksheet offers scriptures, prayers, and practical steps to help you place your recovery into God’s hands and trust His plan for healing.

How does trusting God’s strength over your own offer you a sense of hope and relief in your recovery?

**1. Scripture to Reflect On**
The Bible offers profound encouragement for those seeking to surrender. Proverbs 3:5-6 invites us to *“trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”* This verse reminds us that God’s guidance is sure, even when we cannot see the full picture. In 1 Peter 5:7, we are called to *“cast all your anxiety on him because he cares for you,”* a promise that God’s care is constant and personal. Finally, Exodus 14:14 declares, *“The Lord will fight for you; you need only to be still.”* This powerful statement assures us that God is not just present—He is actively working for our good.

Which scripture speaks most deeply to your heart, and how does it inspire you to surrender to God?

**2. Steps to Surrender**
Surrendering to God is a daily practice that involves humility, trust, and action. The first step is acknowledging your need for Him, admitting that your strength alone is not enough to overcome addiction. In 2 Corinthians 12:9, God declares, *“My grace is sufficient for you, for my power is made perfect in weakness.”* By humbling yourself before Him, you create space for His grace to work in your life.

Prayer becomes the second step—a direct conversation with God, where you open your heart and invite Him into your recovery. You might pray, “Lord, I surrender my struggles and my fears to You. Strengthen me and guide me, for I trust in Your wisdom and love.”

The third step is replacing control with trust. Jeremiah 29:11 reminds us: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”* Trusting God’s plan means releasing the need to control every outcome and believing that He is guiding your steps. Finally, surrender requires a daily commitment to seeking God through prayer, scripture, and quiet reflection, allowing His presence to shape your recovery.

What is one specific area of your recovery where you can begin to surrender to God today?

**3. A Prayer of Surrender**
Prayer is a sacred act of letting go, offering your struggles to God and trusting in His care. This prayer can guide you as you surrender your recovery to Him:

*Heavenly Father, I come to You today weary and burdened. I surrender my addiction, my fears, and my pain into Your loving hands. Teach me to trust in Your plan and to rest in the assurance that You are guiding my steps. When I feel weak, remind me of Your strength. When I feel lost, remind me of Your love. Thank You for Your faithfulness and for the hope You bring into my life. Amen.*

How can making this prayer part of your daily routine help deepen your trust in God?

**4. Encouragement to Take with You**
Surrendering to God is not about giving up—it is about giving over. It is a daily decision to trust that God’s strength is sufficient and His plans are perfect. In Isaiah 41:10, God reassures us: *“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

This promise reminds us that God is not only present but actively strengthening and sustaining us in our recovery. As you surrender to Him, trust that He is working in ways you cannot yet see, leading you toward healing and wholeness. Surrender is a journey, and every day that you choose to place your trust in Him is a step closer to freedom.

How does God’s promise to uphold you inspire you to keep moving forward, even in difficult moments?