

# PRAYER & SURRENDER WORKSHEET

## *Moving From Anxiety to Identity*



Father God,

I accept that You love me—not because of what I do, but because You chose me.

Your love is not earned, and I don't have to perform to receive it.

*"But God demonstrates His own love for us in this: while we were still sinners, Christ died for us." Romans 5:8*

*"You did not choose Me, but I chose you." John 15:16*

Before my mother knew me, You knew me, and You formed me with purpose.

You saw my days before I lived them, and You called me according to Your plan. *Jeremiah 1:5*

*"Before I formed you in the womb I knew you." Jeremiah 1:5*

*"All the days ordained for me were written in Your book before one of them came to be." Psalm 139:16*

Today, I give You the things that concern me—the weight I've been carrying, the questions without answers, and the problems I keep trying to fix alone.

*"Cast all your anxiety on Him because He cares for you." 1 Peter 5:7*

I release control, I release pressure, and I release the need to have everything figured out.

*"Trust in the Lord with all your heart and lean not on your own understanding." Proverbs 3:5*

Order my steps today—not just the big decisions, but the small ones as well.

*"The steps of a righteous person are ordered by the Lord." Psalm 37:23*

Help me walk in who I am and where You are taking me, not in fear, distraction, or confusion.

Quiet every voice that pulls me out of alignment with You. *1 Corinthians 14:33*

*"For God is not a God of confusion, but of peace." 1 Corinthians 14:33*

I trust that my life is aligned, my path is intentional, and my future is secure in You—even when I can't see the full picture. *2 Corinthians 5:7*

I move forward from identity, not anxiety—from obedience, not pressure—  
—from faith, not fear— *2 Timothy 1:7*

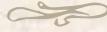
I choose to rest in Your guidance, walk in Your timing, and trust You with what's ahead

*"In all your ways acknowledge Him, and He will direct your paths."*

*Proverbs 3:8*

Amen.

# Bring Your Concerns Before God



1. **Family** (relationships, parenting, marriage)

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2. **Health** (physical, mental, emotional)

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3. **Finances** (provision, debt, stewardship)

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4. **Work or Business** (career, calling, purpose)

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5. **Big Decisions** (life direction, major moves)

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6. **Small Decisions** (daily choices, habits)

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7. **Friendships or Community** (*connections, accountability*)

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8. **Fears or Worries** (*specific anxieties or unknowns*)

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9. **Personal Growth** (character, faith maturity, discipline)

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10. **Future** (*hopes, unknown outcomes, trusting the next season*)

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