

PURPOSE-LED DISCIPLESHIP

SURRENDER

Every transformed life begins with surrender.

A GROUP EXPERIENCE

PARTICIPANT WORKBOOK

Kristal Walden

Name:

Welcome

Surrender • A Group Experience

This workbook belongs to you.

You may write as much or as little as you choose. You will never be required to show anyone what you have written. Some parts may become words you share with the group. Other parts may remain private conversations between you and God.

You do not have to arrive with every answer. You do not have to force an emotional response. You do not have to pretend that every difficult place can be resolved during one gathering.

Simply come willing to listen, to be honest before God, and to take the next faithful step He places before you.

God already knows your story, and He loves you completely.

Copyright © 2026 Kristal Walden. All rights reserved.

Permission is granted to leaders to print participant copies for use within their own church, family, small group, conference, workshop, retreat, or ministry setting. Each participant may keep and use their personal copy. This workbook may not be sold, altered, or redistributed as a separate commercial resource without written permission from Kristal Walden.

Scripture quotations marked KJV are from the King James Version, which is in the public domain.

Created and published by Kristal Walden through Purpose-Led Discipleship.

purpose-leddiscipleship.com

The Journey Ahead

Session One: The Invitation to Surrender

Session Two: Walking in Surrender

Session Three: Separate Breakout Sessions

Men's Breakout: A Life Built on Christ

Women's Breakout: Becoming a Woman Rooted in Christ

Session Four: Healing Through Surrender

Session Five: Walking Together in Surrender

Session Six: Living Purposefully

A Simple Rhythm

Each session gives you room to:

Hear Scripture and teaching

Notice what God is bringing to your attention

Reflect without pressure

Join honest conversation when you are ready

Pray and respond

Carry one faithful step into ordinary life

Before We Begin

Confidentiality helps create trust, but safety matters too. Please do not repeat another person's story outside the group. Understand that leaders may need to seek additional help when someone may be in danger or when a safety concern cannot remain private.

You choose what you share. You may pass during a discussion, pray quietly, or ask for space. Forgiveness, reconciliation, trust, and access are not the same thing. You will not be asked to return to an unsafe situation, accept unwanted touch, or make a public disclosure.

Pastoral support, counseling, medical care, and emergency help can all be faithful parts of healing. Asking for help is not failure.

My Starting Point

What am I carrying as I begin?

What am I hoping God will help me understand, surrender, or receive?

What would help me feel safe enough to be honest during this experience?

Session One

The Invitation to Surrender

Theme Scripture

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Romans 12:1–2 (KJV)

Central Truth

Every journey with Christ begins by receiving mercy and entrusting ourselves to Jesus.
Surrender grows from grace; it does not earn it.

Read Along

Romans 12 begins with mercy. Before Paul asks us to present our lives to God, he points us toward what God has already done. Surrender is not a way to earn God’s love. It is our response to love and mercy that have already been given.

A living sacrifice is not one emotional moment. It is the daily choice to place our plans, fears, relationships, habits, bodies, and futures before God. We can come honestly, even when we do not yet know how everything will change.

God transforms us from within through the renewing of our minds. As His truth begins replacing fear, shame, pride, and the need for control, we become more able to recognize what is good and faithfully take the next step He places before us.

Our surrender also reaches beyond us. The people who share life with us learn something about following Jesus by watching us return to Him, receive correction, ask forgiveness, and keep growing.

Where Surrender Begins

Mercy Before Surrender

You do not need to have attended another retreat, read another resource, or understand every Christian word to begin. Trust begins before the whole road is visible. Relationship comes before spiritual growth. Grace comes before effort.

Christian faith begins with Jesus Christ, not with self improvement or a spiritual experience. Every person has sinned and needs God's mercy (Romans 3:23). Because God loves us, He sent Jesus Christ, His only Son (John 3:16–17). Jesus lived a blameless life without sin (Hebrews 4:15), died on the cross for all our sins, and rose again (1 Corinthians 15:3–4). On the cross, He stood in our place and bridged the separation our sin created. Jesus alone provides the way to the Father (John 14:6). Salvation is received by grace through faith, not earned by religious work.

Ephesians 2:8–9 (KJV)

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.”

Room to Listen and Consider

Nothing is assumed about your background. You are welcome to listen, ask questions, and consider what you hear throughout the weekend. Near the end of the retreat, you will be given time to respond honestly to Christ if you choose.

No one needs to imitate another person's response or make a decision before understanding what is being offered.

Listen For

The mercy of God comes before the invitation to surrender.

Surrender is trust, not defeat.

God desires every part of us, not a polished religious performance.

A renewed mind changes the way we see God, ourselves, and the path ahead.

Purpose grows from relationship with Christ.

Guided Notes

What stood out to me from the Scripture or teaching?

What did I hear about God's mercy?

What might surrender look like in my life right now?

Personal Reflection

What brought me to this experience?

What part of my life have I been trying to carry, control, repair, or understand on my own?

What am I afraid might happen if I place this in God's hands?

Where have I already seen God's mercy in my story?

Am I willing to trust Jesus with today? What would that willingness look like?

Group Conversation

What does surrender mean to you?

Why can surrender feel frightening?

How is surrender different from giving up?

What helps you remember that God's invitation begins with mercy?

Prayer Response

Dear Jesus, thank You for meeting me with mercy. I do not have to clean myself up before I come to You. Show me what I have been carrying without You. Give me the courage to place it in Your hands one honest step at a time. Renew my mind and teach me to trust Your heart. In Your holy name I pray, amen.

My Next Faithful Step

Today, I am willing to place this in God's hands:

Carry It Home

Each morning this week, open your hands before God and pray: “Dear Jesus, this day belongs to You. Show me what is mine to do and what belongs in Your hands. In Your holy name I pray, amen.”

Session Notes

Session Two

Walking in Surrender

Theme Scripture

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

For my yoke is easy, and my burden is light.”

Matthew 11:28–30 (KJV)

Central Truth

Surrender is not only one moment. It becomes a daily way of walking beside Jesus, releasing what He never asked us to carry alone.

Read Along

Jesus does not shame us for being tired. He invites us to come near, bring Him what has become heavy, and learn His heart. His rest does not always remove the responsibility in front of us, but it changes how we carry it because we are no longer carrying it alone.

Not every heavy thing is the cross Jesus asks us to bear. Our cross is faithful obedience to Him. Fear, shame, another person’s choices, imagined outcomes, and the need to control everything are burdens we may need to place back into His hands.

Surrender does not make us passive. It helps us recognize what is truly ours to do today. We can obey the next clear step while trusting God with the timing, response, and result that belong to Him.

Every life is being built on something. When Christ becomes our foundation, we can keep walking even when circumstances feel uncertain. Daily prayer, Scripture, honest community, and repeated obedience strengthen that foundation over time.

Listen For

Jesus invites burdened people to come close.

A burden is not always the same thing as a cross.

Following Christ does not mean carrying guilt, shame, fear, or control.

Foundations determine what can stand.

Daily surrender is learned one faithful step at a time.

Guided Notes

What did I hear about the rest Jesus offers?

What is the difference between carrying responsibility faithfully and carrying something that belongs to God?

What foundation has been supporting my decisions lately?

What Am I Carrying?

Name only what you are ready to name. You do not have to explain it to the group.

Responsibilities that are truly mine:

Outcomes I have been trying to control:

Guilt, shame, fear, or regret Jesus is inviting me to bring to Him:

People or situations I need wisdom to handle:

Personal Reflection

What burden has become so familiar that I hardly notice its weight?

What might I be able to receive if I stopped carrying that burden alone?

What is one step I can take without needing to see the entire path?

Group Conversation

What makes it difficult to lay a burden down?

How can we tell the difference between faithful responsibility and unhealthy control?

What helps us return to Jesus when we pick the burden back up?

Prayer Response

Dear Jesus, You know what has made me tired. Teach me to come to You instead of hiding, striving, or carrying everything alone. Show me what obedience requires and what I may release. Help me learn Your heart and walk beside You. In Your holy name I pray, amen.

Carry It Home

When you notice tension rising, pause and ask: “Is this mine to carry, mine to do, or mine to place in God’s hands?”

Session Notes

Session Three

Separate Breakout Sessions

This workbook contains both breakout sections so every participant can receive the same complete book. During the gathering, use the section selected for your group. You are not expected to complete both sections.

Men will use **A Life Built on Christ**.

Women will use **Becoming a Woman Rooted in Christ**.

Use the remaining section as part of the complete workbook, not as an assignment. The shared foundation beneath both conversations is the same: identity, strength, relationships, healing, and influence must all be rooted in Christ.

Men's Breakout

A Life Built on Christ

Theme Scripture

“Except the LORD build the house, they labour in vain that build it...”

Psalm 127:1 (KJV)

Central Truth

Christ does not ask a man to prove his worth by carrying everything alone. He invites him to surrender the whole structure of his life so God can build what will last.

Read Along

Men are often taught to measure worth by what they can produce, protect, repair, lead, or endure. Those responsibilities may be meaningful, but they were never meant to become the source of identity. A man's deepest worth begins with belonging to Christ.

Strength becomes safer when it is surrendered. Jesus used strength to serve, protect, tell the truth, show compassion, and give Himself in love. Christlike strength does not need to dominate, impress, or remain emotionally unreachable.

Every life has rooms we would rather keep closed. Grief, shame, anger, temptation, regret, and fear grow more powerful when secrecy protects them. Honesty does not mean telling everyone everything, but it does mean bringing the truth to Christ and receiving wise support where it is needed.

Legacy is usually built through repeated faithfulness. Telling the truth, governing anger, keeping promises, honoring others, receiving correction, returning after failure, and doing unseen work with integrity build a life that can support the people God has entrusted to us.

Listen For

Christ is the only lasting foundation.

Identity is received from God, not earned through performance.

Strength can tell the truth, receive help, and remain gentle.

Responsibility is meant to become service, not control.

Healing can interrupt destructive patterns.

Repeated faithfulness becomes a legacy.

Guided Notes

What has taught me what a man is supposed to be?

What parts of that picture are rooted in Christ? What parts are rooted in fear, image, pride, or pressure?

Where have I confused being needed with knowing who I am?

Foundation Check

Identity

What tells me that I have value when I am not producing, protecting, fixing, or leading?

Responsibility

Where am I serving faithfully? Where might fear be turning responsibility into control?

Relationships

Can I listen, apologize, receive a boundary, and allow another person to be honest with me?

Wounds

What pain, grief, shame, or fear have I tried to hide because I believed strength required silence?

Influence

What are the people around me learning from the way I live?

Group Conversation

What pressure do men feel to appear unshaken?

What is the difference between strength and self protection?

How did Jesus demonstrate strength through service?

What does responsibility without control look like?

What kind of legacy is built through ordinary faithfulness?

Prayer Response

Dear Jesus, be the foundation of my life. Free me from the need to prove my worth or hide the places where I need grace. Teach me to use strength in service, responsibility with humility, and influence with love. Open the rooms I have kept locked and build in me what will last. In Your holy name I pray, amen.

My Next Faithful Step

One part of my life I need to stop building without God:

One honest step I will take:

Seven Day Practice

Each day, choose one quiet act of faithfulness that does not depend on recognition. Pray Psalm 127:1 and ask, “Dear Jesus, are You building this with me, or am I trying to hold it together without You? Show me the next faithful step. In Your holy name I pray, amen.”

Breakout Notes

Women's Breakout

Becoming a Woman Rooted in Christ

Theme Scripture

“As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.”

Colossians 2:6–7 (KJV)

Central Truth

Every woman, regardless of age or season, is invited to build her life on Christ. Rooted in Him, she can receive His love and walk in relationships shaped by truth, grace, wisdom, and healthy surrender.

Read Along

Being rooted in Christ begins with identity. Before a woman is defined by her appearance, relationships, family role, productivity, pain, or the expectations placed upon her, she is someone Jesus loves and invites to remain close to Him.

Sometimes fear and disappointment teach us to survive by carrying everything, protecting ourselves, or staying constantly alert. Those patterns may have helped us endure a difficult season, but they do not have to remain the foundation of our lives.

Receiving is not weakness. God may provide through Scripture, prayer, rest, healthy community, wise counsel, practical help, or the kindness of another person. We can receive His care without surrendering wisdom, truth, or healthy boundaries.

A rooted woman influences the people around her by living from security rather than fear. She can encourage another generation without pretending to be perfect, and she can build relationships in which truth, patience, safety, mutual honor, and shared growth in Christ have room to develop.

Listen For

Identity begins with belonging to Christ.

Trust grows through relationship with God.

Receiving God's care is an act of faith.

Healthy relationships do not ask another person to become what only Jesus can be.

Women of every generation can help one another grow.

Guided Notes

What has shaped the way I see my value as a woman?

Where have I learned to survive by carrying everything or protecting myself?

What might God be inviting me to receive from Him?

Root Check

Identity

What changes when my worth is rooted in Christ rather than another person's attention, approval, or presence?

Trust

What has made trust difficult? What has God already shown me about His faithfulness?

Receiving

Is it easier for me to give than to receive? Why?

Relationships

Where do I need truth, grace, wisdom, a boundary, or healthier support?

Generations

What do I want younger women, children, friends, or family members to learn by watching my walk with God?

Group Conversation

What does it mean to be rooted in Christ?

Why can receiving care feel harder than giving it?

How does security in Christ change the way we relate to people?

What can women of different generations learn from one another?

What does a healthy, Christ centered relationship make room for?

Prayer Response

Dear Jesus, root my identity in You. Meet the places where fear, disappointment, or responsibility taught me to carry everything alone. Help me receive Your grace, care, protection, and wisdom. Teach me to love others from security rather than fear and to reflect Your faithfulness to the next generation. In Your holy name I pray, amen.

My Next Faithful Step

One truth I want to become more deeply rooted in:

One healthy act of receiving, trusting, or connecting I will practice:

Seven Day Practice

Read Colossians 2:6–7 each day. Ask, “What is feeding my roots today?” Choose one practice that helps you receive from Christ before you begin pouring into everyone else.

Breakout Notes

Session Four

Healing Through Surrender

Theme Scripture

“He healeth the broken in heart, and bindeth up their wounds.”

Psalm 147:3 (KJV)

Central Truth

Healing begins when we bring wounded places into the presence of Christ. Healing does not require pretending the past never happened or rushing into reconciliation.

Read Along

Jesus meets us in our brokenness without demanding that we pretend. Healing begins when pain that has been hidden, minimized, or carried alone is brought honestly and safely into His presence.

Surrender does not mean telling every detail publicly or forcing ourselves to move faster than wisdom allows. It means allowing God to show us what we are carrying, what truth needs to replace a painful belief, and what kind of support may be part of the next faithful step.

Forgiveness releases vengeance to God, but forgiveness is not the same as reconciliation, restored trust, or renewed access. Reconciliation requires truth and willingness from more than one person. Trust is rebuilt through consistent faithfulness, and boundaries can remain an important part of healing.

Healing may happen suddenly, gradually, or with the help of a trusted pastor, counselor, medical professional, or other qualified support. As God heals us, He can also change what our families and future generations learn to carry.

A Gentle Reminder

You are in charge of what you share. You may reflect privately, leave a question unanswered, or ask a leader for support. If a memory or situation feels overwhelming, pause and connect with a trusted pastor, counselor, medical professional, or emergency resource as appropriate.

Listen For

Jesus meets us in our brokenness.

Buried wounds and healed wounds are not the same.

Healing may happen suddenly or one faithful step at a time.

Forgiveness releases vengeance to God; it does not automatically restore trust or access.

Wise boundaries and qualified support can be part of faithful healing.

God can change what is carried into the next generation.

Guided Notes

What truth about healing stood out to me?

What difference do I see between hiding pain and bringing it safely to Christ?

What kind of support might be part of my next step?

Personal Reflection

Name the wound only as specifically as feels safe today:

What belief about God, myself, or other people became connected to this pain?

What truth from Scripture speaks to that belief?

What would healing make possible without pretending the past did not happen?

Is God leading me toward forgiveness, grief, repentance, a boundary, help, or patient waiting?

Who is a safe person or qualified helper I can contact if I need support?

Group Conversation

Why do people sometimes hide their wounds?

What helps a group become a safe place for honesty?

How are forgiveness, reconciliation, trust, and access different?

What does patient healing look like?

How can healing change what the next generation receives?

Prayer Response

Dear Jesus, You see every part of my story. Meet me with truth and tenderness. Show me what I am ready to place in Your hands and what support I need. Help me forgive without denying harm, set wise boundaries without hatred, and receive care without shame. Bind what is broken and guide each next step. In Your holy name I pray, amen.

Carry It Home

Choose one gentle practice this week: write a prayer, read Psalm 147, speak with a safe person, schedule appropriate support, or rest without demanding an immediate answer.

Session Notes

Session Five

Walking Together in Surrender

Living as the Body of Christ

Theme Scripture

“I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, even as ye are called in one hope of your calling;

One Lord, one faith, one baptism, One God and Father of all, who is above all, and through all, and in you all.”

Ephesians 4:1–6 (KJV)

Central Truth

A surrendered life becomes a living testimony. We are not called to walk alone; Christ forms us into a people who love, serve, tell the truth, repair wisely, and carry one another before God.

Read Along

Christ does not only call individuals. He forms a people. The Body of Christ is meant to be a place where people are encouraged, burdens are shared wisely, truth is spoken with grace, and no one has to pretend that growth happens alone.

Surrender changes the way we handle relationships. Instead of using control, silence, pressure, blame, or performance to protect ourselves, we can learn humility, patience, honest responsibility, and love that respects both truth and safety.

Repair begins by recognizing what is ours. A faithful apology names the harm without defending it and does not demand forgiveness, closeness, or an immediate response. Sometimes the next loving step is a conversation. Sometimes it is a boundary, prayer, patient waiting, or receiving wise support.

We can only give what we are first learning to receive from Christ. His grace makes room for us to serve without proving our worth, bless others without controlling them, and become a living testimony to the generations watching how we follow Him.

Listen For

Christ is the Head of His Church.

Unity grows through humility, truth, patience, and love.

Every believer has a place in the Body of Christ.

Repair cannot be forced, staged, or demanded.

Blessing the next generation begins with lived faithfulness.

We receive from Jesus before we attempt to give to others.

Guided Notes

What did I hear about belonging to the Body of Christ?

How does surrender change the way people handle conflict, service, and responsibility?

What kind of Christian community helps people grow safely and honestly?

Relational Reflection

Do not force yourself toward a particular person or outcome. Ask God only for the next faithful step.

Is there harm I need to acknowledge without defending myself?

Is there an apology I can offer without demanding a response?

Is there someone I need to forgive before God even if closeness is not wise?

Is there a boundary that love and truth require?

Who has God given me as a safe person, healthy community, or source of support?

A Simple Blessing

If you choose to bless a family member or trusted person, ask permission first. You may say:

“I thank God for you. I see His work in your life. May you know His love, wisdom, protection, and peace as you follow Him.”

If an apology is needed, keep it honest and free of pressure:

“I was wrong when I _____. I understand that it affected you. I am sorry. I do not expect you to respond before you are ready.”

My Next Faithful Relationship Step

Optional Shared Response

Remembering Jesus

Communion turns our attention away from our effort and back to Jesus. We do not come to prove that we have surrendered perfectly. We come because He moved toward us first, gave Himself freely, and made relationship with God possible through His death and resurrection.

Follow the direction of your host church or ministry. You may participate, remain seated, or refrain without explanation.

Before You Participate

Communion is a remembrance for those who have placed their trust in Christ. If you have not made that decision or are unsure, you may let the bread and cup pass without embarrassment and use the quiet to consider what Jesus has done. A clear opportunity to respond to Christ will come in the final session.

The Bread: He Gave Himself

As the bread is offered, remember that Jesus entered human suffering and gave Himself in love.

What part of my weakness, pain, or need do I want to bring honestly to Jesus?

The Cup: Grace Is Given

As the cup is offered, remember that forgiveness and new life are gifts we could never earn.

What sin, shame, striving, or self protection am I placing in His hands?

Open Hands: Receive and Surrender

If comfortable, rest your hands open. You are not purchasing God's love with your surrender. You are responding because His love has already found you.

What do I need to receive from Jesus today?

What am I trusting Him to carry?

“We love him, because he first loved us.” — 1 John 4:19 (KJV)

Prayer Response

Dear Jesus, thank You for giving Yourself for me. I bring You what I have tried to control and what I have tried to hide. Teach me to receive Your mercy, walk in truth, repair what is mine to repair, and love others with wisdom. Let Your grace shape the way I live. In Your holy name I pray, amen.

Session Notes

Session Six

Living Purposefully

Theme Scripture

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

Ephesians 2:10 (KJV)

Central Truth

Purpose begins with belonging to Christ. We do not leave to prove that we changed. We leave to remain close to Jesus and let His life become visible in the places He has already entrusted to us.

Read Along

Purpose begins with relationship, not achievement. We are God’s workmanship before we complete a task, hold a title, lead a ministry, repair a relationship, or reach a visible goal. Our calling grows out of belonging to Christ.

Surrender, abiding, and obedience work together. We surrender what belongs in God’s hands, abide by remaining close to Jesus, and obey the next faithful thing He gives us to do. We do not need the entire path before taking the next step.

Purpose is often expressed in ordinary places. It can look like keeping a promise, speaking gently, asking for help, caring for a child, serving faithfully, making a wise boundary, returning to prayer, or doing honest work without recognition.

Growth may still be unfinished when this gathering ends. That is not failure. We can leave without every answer because Jesus remains with us, and He will continue forming our lives as we keep walking with Him.

Look Back

What truth do I want to carry home?

What burden am I leaving in God's hands?

What has God helped me recognize about my identity, relationships, healing, or influence?

What is still unfinished that I can continue bringing to Him without shame?

Surrender • Abide • Obey

Surrender

What am I carrying or controlling that belongs in God's hands?

My daily surrender prayer:

Abide

What will help me remain close to Christ in ordinary life?

One practice I will begin or continue:

Obey

What is the next faithful thing God has actually given me to do?

The first small step is:

My Continuing Plan

This week I will:

One safe person I can ask to walk with me:

A healthy church, group, mentor, counselor, or support resource I can stay connected to:

A truth from Scripture I will return to:

The Gospel and Your Response

Everything we have explored rests on one Person: Jesus Christ. God created us to know Him, but every person has sinned, and sin separates us from God (Romans 3:23). We cannot repair that separation by becoming better, trying harder, or becoming more religious.

Because God loves us, He sent Jesus Christ, His only Son (John 3:16–17). Jesus lived a blameless life without sin (Hebrews 4:15), died on the cross for all our sins, and rose again (1 Corinthians 15:3–4). On the cross, He stood in our place and bore what our sin deserved. He bridged the gap we could never cross and provided the only way for us to come to the Father.

John 14:6 (KJV)

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

Salvation is God's gift, received through faith rather than earned by works (Ephesians 2:8–9). To receive Christ is to acknowledge that you have sinned, turn from sin and self rule, believe that Jesus died and rose again, and trust Him alone as your Savior and Lord. This is more than having a meaningful experience. It is the beginning of a real relationship with the living Christ.

Romans 10:9–10 (KJV)

“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”

If You Are Ready to Receive Christ

Prayer is a conversation with God. It is the response of faith in which you acknowledge your sin and need for God, confess Jesus as Lord, believe God raised Him from the dead, accept His gift of salvation, and receive Christ as your Savior and Lord. Prayer does not earn salvation; Jesus saves. Speak to Him honestly in your own words or use this prayer:

Lord Jesus, I believe You are God's only Son. You lived without sin, died on the cross for all my sins, and rose again. I know I have sinned and cannot make my own way to God. I turn from my sin and trust You alone. Forgive me. I accept Your gift of salvation and receive You as my Savior and Lord. Come into my life and help me follow, serve, and love You. Thank You for giving Yourself for me, standing in my place, and making the way for me to know the Father. In Jesus' name, amen.

Be Secure in What Christ Has Done

If this prayer expresses the decision of your heart to turn from sin and trust Jesus Christ as Savior and Lord, your confidence does not rest in how strongly you felt the moment or how perfectly you prayed. It rests in Jesus: who He is, what He accomplished, and what He promised. Jesus said, “him

that cometh to me I will in no wise cast out” (John 6:37, KJV). You have not merely had an experience. You have begun a relationship with Christ.

Tell Someone and Begin Well

Your response to Christ is personal, but following Him is not meant to be hidden or walked alone. If you trusted Christ today, please tell a leader or another trusted Christian before you leave. We want to celebrate with you, help you understand what has happened, pray with you, and walk with you into what comes next. If you would like to share with the group, tell a leader; we would be honored to celebrate with you. You will not be put on display or asked to give an immediate testimony.

- Tell a trusted Christian that you have placed your faith in Christ.
- Begin reading the Gospel of John and ask God to help you know Jesus.
- Speak honestly with Jesus in prayer each day.
- Connect with a healthy, Bible believing church and ask about baptism.

If You Already Belong to Christ

If you already belong to Christ, you do not need to be saved again. You may use this moment to thank Him, return to Him, and renew your trust: Jesus, thank You for saving me. I return to You without pretending. Help me receive Your grace, remain close to You, and follow You faithfully.

What would I like to ask or tell a trusted Christian leader?

Commissioning

This is not a promise of perfection. It is a willingness to keep walking with Christ.

You are not leaving with every answer. You are leaving with the One who will remain with you. Go in the grace of Jesus Christ. Keep surrendering what is not yours to carry. Remain close to Him. Obey the next thing He gives you. Let His love become visible through your life.

Closing Prayer

Dear Heavenly Father, thank You for meeting me here. Seal what is from You, correct what I have misunderstood, and continue the work You began. Give me courage for the next faithful step, humility to receive help, wisdom for my relationships, and grace when growth takes time. Keep me rooted in Christ. Let my life reflect Your love wherever You send me. In Jesus' holy name I pray, amen.

Continue the Journey

From Surrender to *Peace Before Promise*

What began here can continue in the ordinary places where God meets you.

Peace Before Promise helps you slow down, trust God before reaching for an outcome, and allow Him to form the character, peace, and spiritual foundation that healthy relationships, family life, and purposeful discipleship require.

A Simple Continuing Path

Read *Peace Before Promise* at a steady, unhurried pace.

Choose a companion study that fits your season of life.

Stay connected to a healthy church, small group, mentor, or trusted Christian community.

Return to the practices in this workbook whenever surrender begins to feel like striving again.

Read *Peace Before Promise* and find companion studies at:

purpose-leddiscipleship.com/books

What I Want to Remember

One Month From Now

What do I hope will be different because I kept walking with God?

“We love him, because he first loved us.”

1 John 4:19 (KJV)

Notes

Notes

Notes

Closing Word

You do not have to know the whole path to take the next faithful step.

Keep surrendering what is not yours to carry.

Keep abiding in Christ.

Keep obeying what He places before you.

Keep walking with God.

Surrender. Abide. Obey.

Every transformed life begins with surrender.

Purpose-Led Discipleship

purpose-leddiscipleship.com