

A “Give It to God” Exercise

When you're worried about something or facing a problem you can't seem to stop thinking about, take a few minutes and write it down.

1. What is the problem?

Write down what you're worried about. Try to state the actual problem rather than everything you're feeling about it.

2. What is in my control?

Write down anything you can actually do about the situation. What action can you take? Is there a phone call you need to make, a conversation you need to have, something you need to plan, or simply the next right thing you need to do?

3. What is out of my control?

Write down the things you cannot control—the outcome, another person's choices, what might happen tomorrow, or circumstances you simply cannot change.

4. What will I do?

Choose one or two specific actions from your “in my control” list and decide when you'll do them.

5. Give the rest to God. Psalm 63:8: “I cling to you; your right hand upholds me.”

Write a short prayer. It doesn't have to be eloquent. For example:

God, help me do what I can do and trust You with what I can't. Give me wisdom to take the next right action and help me release the outcome to You. When I want to turn to food because I'm worried, remind me that You are my help and that Your right hand upholds me. Amen.

I have a responsibility, but I don't have control over the outcome.

“Do what is yours to do, and trust God with what isn't.”

