

Day 1 — Faith to Surrender

Scripture: “Cast all your anxiety on Him because He cares for you.” — 1 Peter 5:7

Devotional:

There comes a moment in every believer’s journey when God gently invites them to loosen their grip. We often hold on tightly — to plans, fears, timelines, people, responsibilities, and even pain — because letting go feels risky. But surrender is not losing control; it’s placing control in the hands of the One who has never failed you.

God doesn’t ask you to carry everything alone. He doesn’t expect you to be strong enough, wise enough, or steady enough to handle every burden. Instead, He offers Himself as your refuge. When Scripture says to “cast” your anxiety on Him, it means to throw it off of yourself and onto Him with intention. Not politely handing it over. Not slowly releasing it. Casting it — because you were never designed to carry it.

Surrender is an act of trust. It’s choosing to believe that God cares about the details of your life — not just the big moments, but the quiet worries you never say out loud. He sees the weight you’ve been carrying. He knows the thoughts that keep you awake at night. And He cares. Deeply.

When you surrender, you make room for God to move. You open space for peace to settle where anxiety once lived. You allow His strength to replace your exhaustion. You give Him permission to work in ways you couldn’t orchestrate on your own.

Today, God is inviting you to release the things that have been draining your spirit. Not because you’re giving up — but because you’re giving them to Him.

Reflection:

What have you been holding onto that God is asking you to release?

Is it fear? A relationship? A timeline? A burden you’ve carried alone for too long?

Take a moment to be honest with yourself and with God. He already knows — but He wants you to trust Him enough to let it go.

Guided Prayer:

Lord, I come to You with open hands. I release the things I’ve been trying to manage on my own. I give You my worries, my fears, my stress, and the burdens that have been weighing on my heart. Thank You for caring for me so deeply. Teach me to trust You more. Help me to surrender daily, not just in moments of crisis. I place everything in Your hands today. Amen.

Daily Practice:

Write down one thing you’re surrendering today.

Say it out loud: “God, I give this to You.”

Then breathe deeply and let peace settle in.