

12 Steps to Serenity

Talk-bits

Step #3: Deciding to Let God Be in Charge of Our Lives

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

(Note: Read this daily.)

Sunday, January 22

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Talk-bit: What perceptions of God or personal attitudes hinder your ability to trust him?

Prayer: God, clear up my distorted thinking so I am willing to trust you with my life.

Monday, January 23

Romans 12:1

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – which is your spiritual worship.

Talk-bit: What part of who you are do you most want to keep control over? Why?

Prayer: Holy God, convict me of the fact that you desire ALL of me.

Tuesday, January 24

(Don't forget to read "Step #3" at the top of the page each day.)

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give your rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." — Jesus

Talk-bit: What burdens weigh heaviest on your heart? Why haven't you been able to remove them?

Prayer: God, Jesus is your answer to removing my burdens. Give me courage to turn my will over to your design and find the rest and serenity you intend for me.

Wednesday, January 25

Matthew 16:24-25

"If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it." — Jesus

Talk-bit: Describe a time when you "found" your life because you were willing to "lose" your life.

Prayer: Loving God, I need to daily turn my life over to Jesus. I trust that I will find real life and serenity as a result!

Thursday, January 26

Galatians 2:20

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Talk-bit: How does this verse reveal that you can carry less burden of responsibility for situations and people, without being irresponsible?

Prayer: God, show me how I'm burdened by doing things my way, and transplant the "mind of Christ" in me.

Friday, January 27

Proverbs 16:3

Commit to the Lord whatever you do, and your plans will succeed.

Talk-bit: Why do you think God doesn't just take charge of your life?

Prayer: God, you've invited me to freely follow your will. Give me courage to constantly trust that you are guiding me well.

Saturday, January 28

Psalms 23:1 & 3

The Lord is my shepherd, I shall not be in want... He guides me in paths of righteousness for his name's sake.

Talk-bit: What does it take for the Lord to be your shepherd?

Prayer: God, my stubborn will gets me in trouble. Take the lead in my life. Guide me in paths that honor you and bring peace to me.