

The Surrender Worksheet

A step-by-step guide to releasing what you were never meant to carry

*Find a quiet place. Use a spiral notebook. Work through one rubber band at a time.
This is not a race. It is a release.*

STEP 01 Name the Rubber Band

What happened? Write it plainly – no need to soften it.

STEP 02 How It Happened & How It Felt

Describe the circumstances and what you felt in the moment – and after.

STEP 03 What I Believed Afterward

What lie did this wrap around your identity? What did you tell yourself?

STEP 04 Write It Out — Then Cover It in Red

In your notebook: write everything above on a fresh page. Then take a red pen and write the Five Declarations over it until the page is soaked in red. Those red-soaked pages represent the Savior's blood covering your burden.

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STEP 05 Declare the Five Surrenders

Say each one aloud. Check the box when you mean it.

- I. I give this to the Savior.
- II. I forgive myself.
- III. I forgive the person or organization.
- IV. I let this go.
- V. I will not pick this up again.