



TARA SUN

Surrender YOUR Story

DITCH THE MYTH
OF CONTROL
AND DISCOVER
FREEDOM IN
TRUSTING GOD

A PDF COMPANION TO THE AUDIOBOOK

Surrender Your Story

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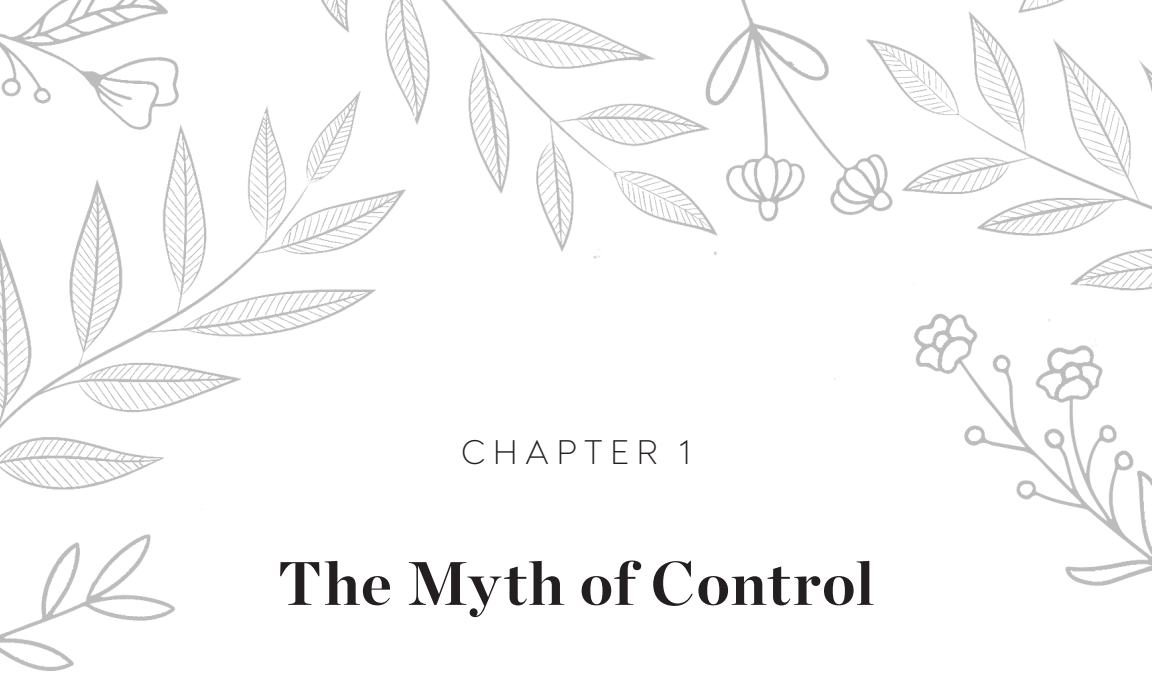
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CHAPTER 1

The Myth of Control

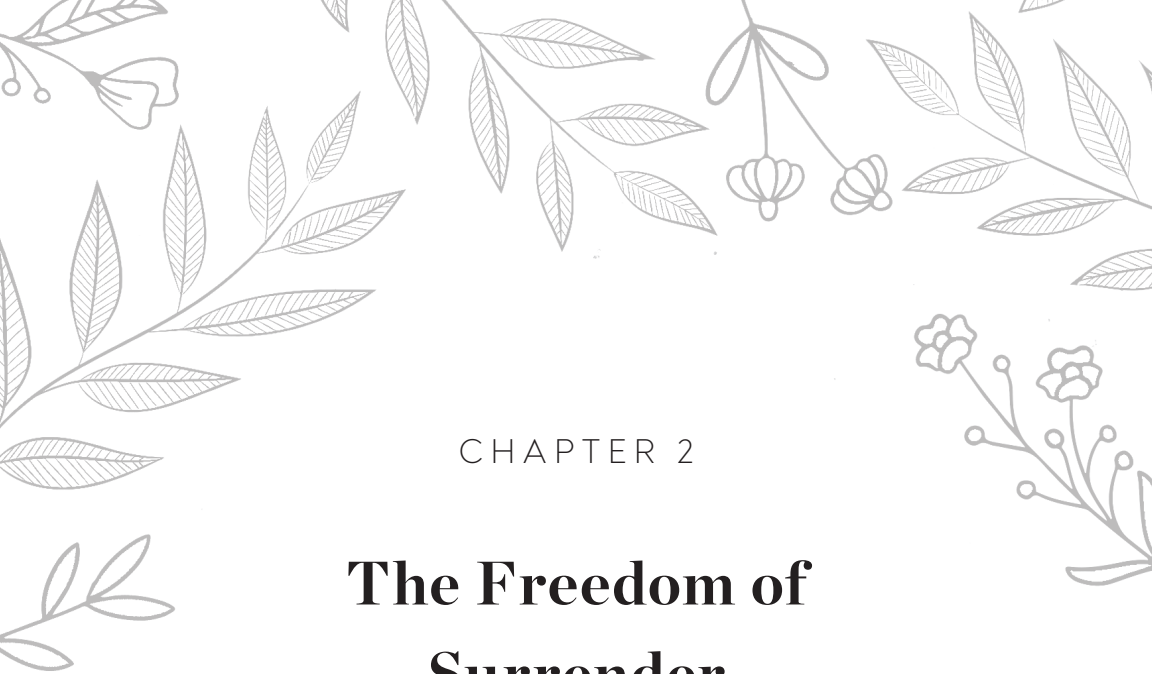
Space to Surrender

Many are the plans in the mind of a man,
but it is the purpose of the LORD that will stand.

PROVERBS 19:21

1. What are some areas in your life that God is calling you to loosen your grip on and give up some of the control you've been holding on to?
2. How have you seen God's faithfulness when you've surrendered your story to Him in the past?
3. What is one way that you can practice relinquishing control to God in your day-to-day? Maybe you borrow from my example and open your hands in prayer—or journal three to five things each day that you are thankful for here and now.

Lord, thank You for providing the perfect plan
for my life. Help me to bust the myth that I
am in control of my story and surrender each
detail to You, the Creator and Author.



CHAPTER 2

The Freedom of Surrender

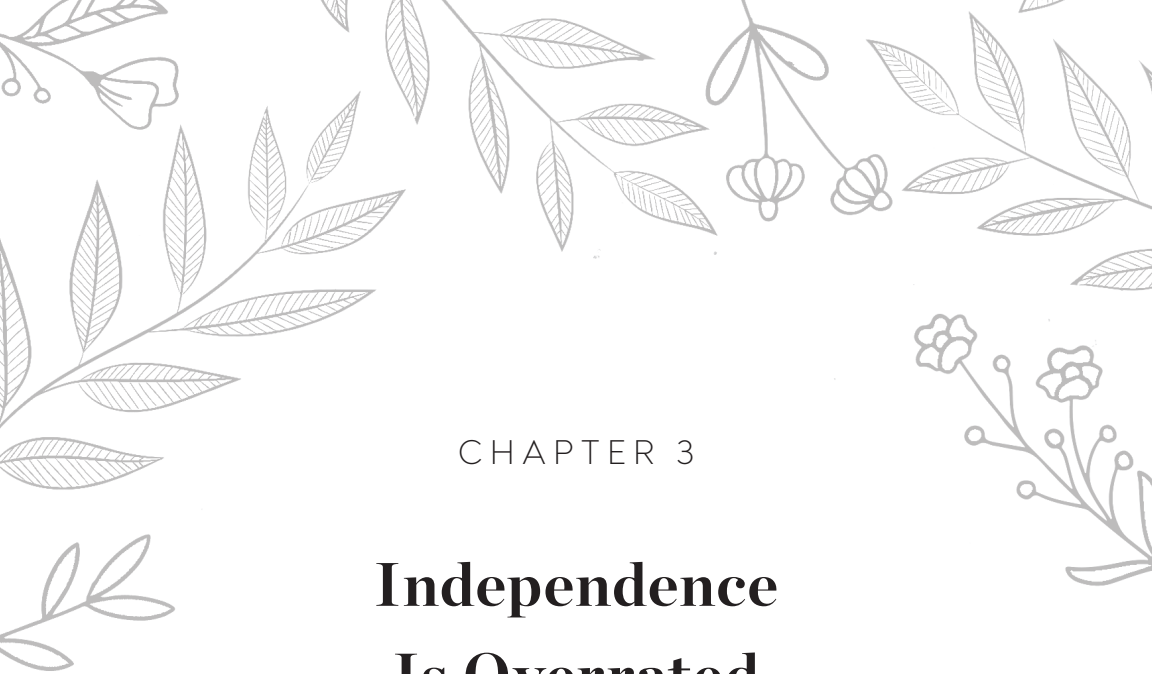
Space to Surrender

Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

MATTHEW 11:29–30

1. Do you have trouble surrendering *all*? Or are some things easier to relinquish than others? Why do you think that is?
2. Reflect on how the three steps to discipleship—deny yourself, take up your cross, follow Jesus—make you feel. What emotions does this stir: fear, anxiety, courage, hope?
3. How does seeing God’s kingdom through the “upside-down” lens change your perspective on your story and help you trust Him more?

Heavenly Father, thank You for taking on my burdens and releasing me from striving for my worth. I pray that You would help me to deny myself, take up my cross, and follow You every single day. Help me to walk in the freedom and rest that only You offer through surrender.



CHAPTER 3

Independence Is Overrated

Space to Surrender

Such is the confidence that we have through Christ toward God. Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.

2 CORINTHIANS 3:4-6

1. Inventory time! Are there any parts of your life where you've been allowing the supposed virtues of independence, hard work, or self-sufficiency cover up your hesitation for living fully surrendered to God?

2. What is your gut reaction to the claim, “We weren’t created to be self-sufficient . . . but wholly dependent disciples”? Relieved? Offended? Skeptical? Which do you usually default to—self-sufficiency or dependency?
3. What are some of the biggest “not yet’s” in your life, where God’s timing didn’t match up with your hopes and dreams? How did you respond? And for those “not yet’s” and desires you’re facing in your life currently, how can you hand those over to God today?

Lord, thank You for being more than enough.
I want to trade in self-sufficiency for freedom
found only in You. Help me to take steps day
by day to become fully dependent on You.



CHAPTER 4

Trusting God's Timing

Space to Surrender

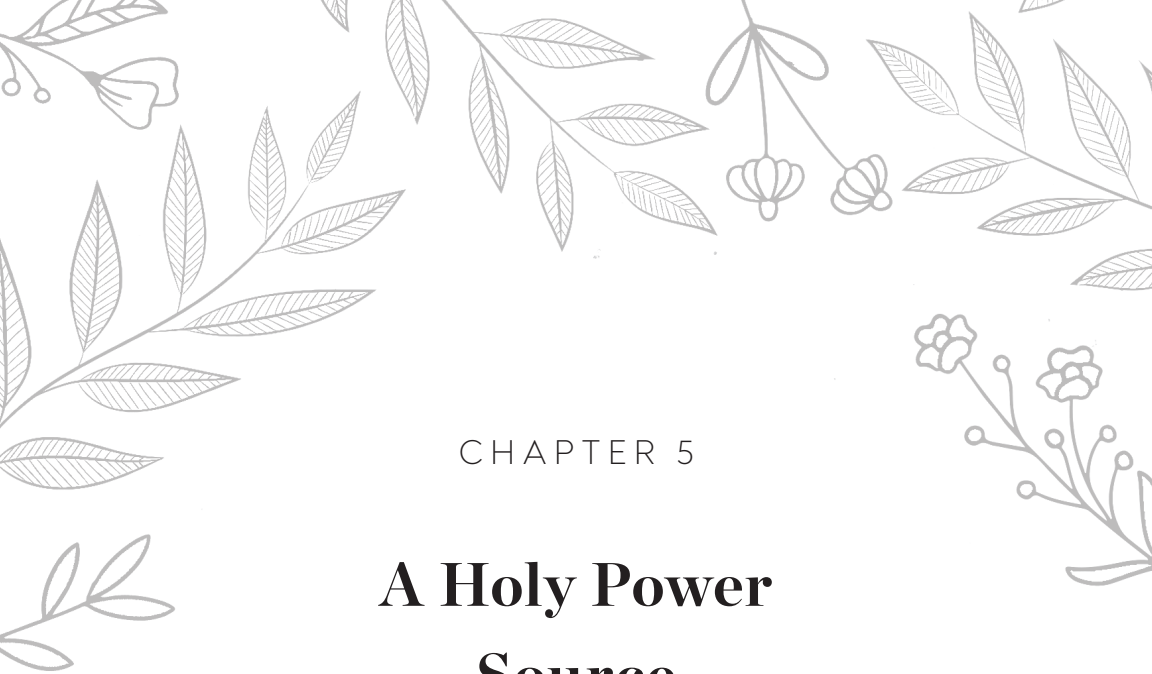
Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.

PROVERBS 3:5-6

1. Do you have a problem with trust—whether trusting other people or trusting God? Why or why not?
2. What's your typical reaction when God's plan is different than yours?
3. In all honesty and vulnerability, what is one plan, dream, or goal you have that you are afraid God might turn upside down?

4. What is one way you can practice trusting God? Feel free to borrow from the three strategies I gave in this chapter: casting your cares, immersing yourself in the Word, and demonstrating patience and perseverance with God.

Lord, when I try to hold on to control, it's a recipe for disappointment and exhaustion. Help me to trust You. I want nothing more than the peace that comes from resting in You and trusting Your timing.



CHAPTER 5

A Holy Power Source

Space to Surrender

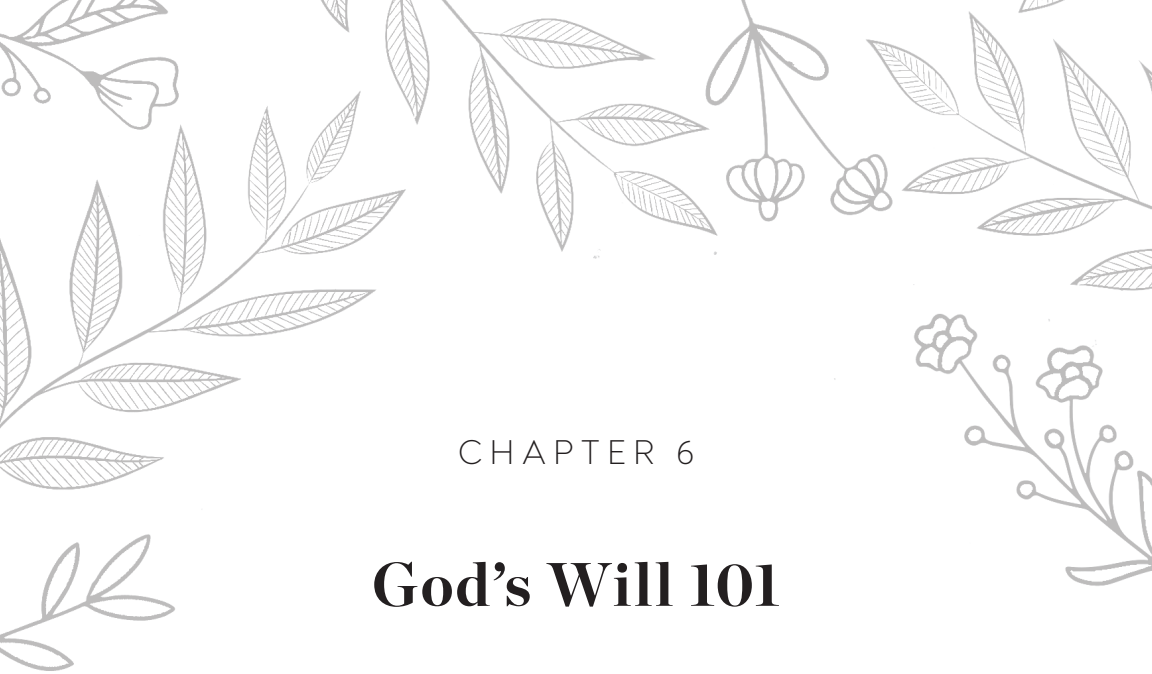
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

GALATIANS 5:22-23

1. Where are you in your relationship with the Holy Spirit?
2. Not everyone experiences the Holy Spirit in the same way, but it's important to know Him as your helper and power source. List some of the ways you've experienced the Holy Spirit's leading, presence, or help in your life.

3. Maybe you feel super familiar with the Holy Spirit, or maybe the idea of having a relationship with Him is completely new territory. Wherever you are in that journey, write a prayer to the Holy Spirit, asking for a closer relationship with Him.

Holy Spirit, I realize that I cannot do anything without Your help. I believe You're my power source. Sometimes it seems impossible to surrender my story to God, but I believe the next step is always possible when I'm walking in Your power.



CHAPTER 6

God's Will 101

Space to Surrender

Your word is a lamp to my feet
and a light to my path.

PSALM 119:105

1. Write down one or two decisions that you are currently faced with in your life. Oftentimes, acknowledging them in this way helps us surrender them to God.
2. Do you find waiting for answers easy or hard? Why?
3. Spend some time brainstorming how you can support other members of the body of Christ when they are having a hard time discerning God's revealed will.

Heavenly Father, help me have the patience and trust to rest in Your plan for me, even if I don't know the full extent of it yet. Help me to walk in faith without worry.



CHAPTER 7

Walking at God's Pace

Space to Surrender

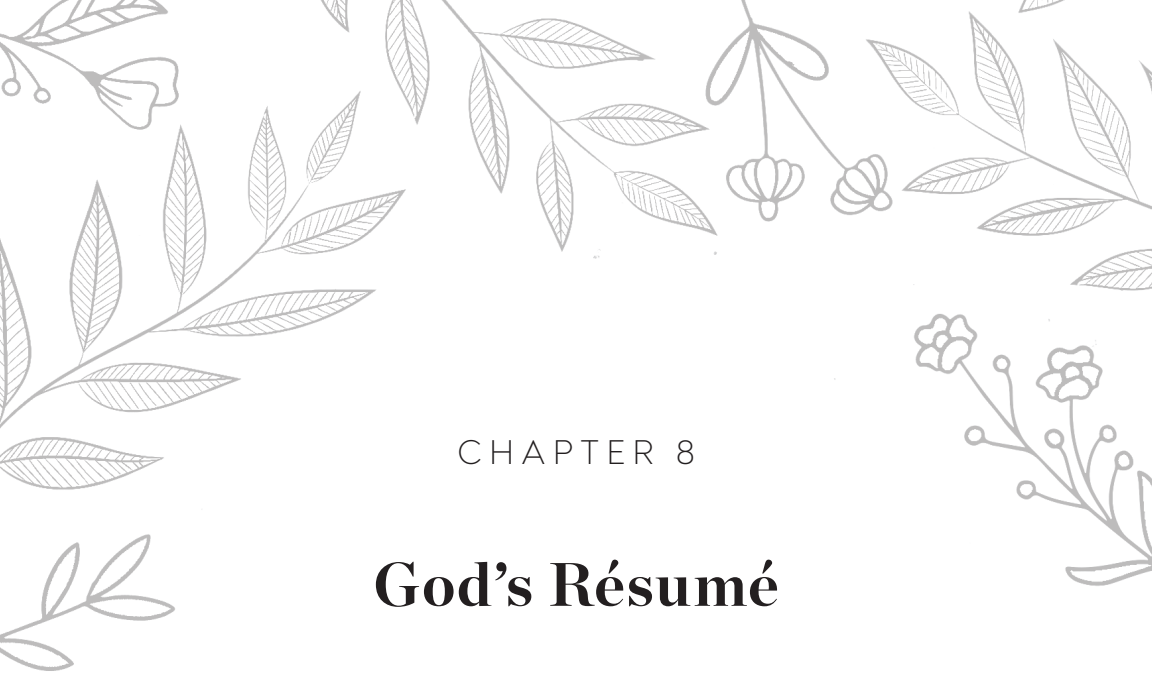
Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

ROMANS 5:3-5

1. Is there something in particular that you are having a hard time waiting for? How could you see God using this to sanctify you?

2. Our lives will inevitably have setbacks, but if we think of them as lessons, we are one step closer to growing in God's gift of patience. List some setbacks in your life that you were able to use as lessons and why.
3. What does it look like for you personally to walk at God's pace instead of your own?

Lord, You have so patiently walked beside me, even when I've tried to outpace You. I am grateful for Your presence through the Holy Spirit and ask that You grant me Your patient endurance.



CHAPTER 8

God's Résumé

GOD IS NEVER CHANGING

Verses to study: Psalm 90:2, Isaiah 40:8, Hebrews 13:8, Revelation 22:13

GOD IS SELF-SUFFICIENT

Verses to study: John 5:26, John 15:5, 2 Corinthians 3:5

GOD IS OMNIPOTENT

Verses to study: Job 42:1–2, Psalm 20:7, Psalm 147:5, Isaiah 14:27,
Jeremiah 32:27, Luke 1:37, Hebrews 1:3–4

GOD IS OMNISCIENT

Verses to study: Psalm 147:5, Isaiah 46:9–10, Isaiah 55:8–9,
Romans 11:33–36, 1 John 3:20

GOD IS FAITHFUL

Verses to study: Deuteronomy 7:9, 1 Corinthians 1:9, 2 Timothy 2:13,
Hebrews 10:23

GOD IS GOOD

Verses to study: Psalm 34:8, Psalm 145:9, John 3:16

GOD IS LOVING

Verses to study: Psalm 86:15, Isaiah 54:10, Romans 5:8,
1 John 4:7–10

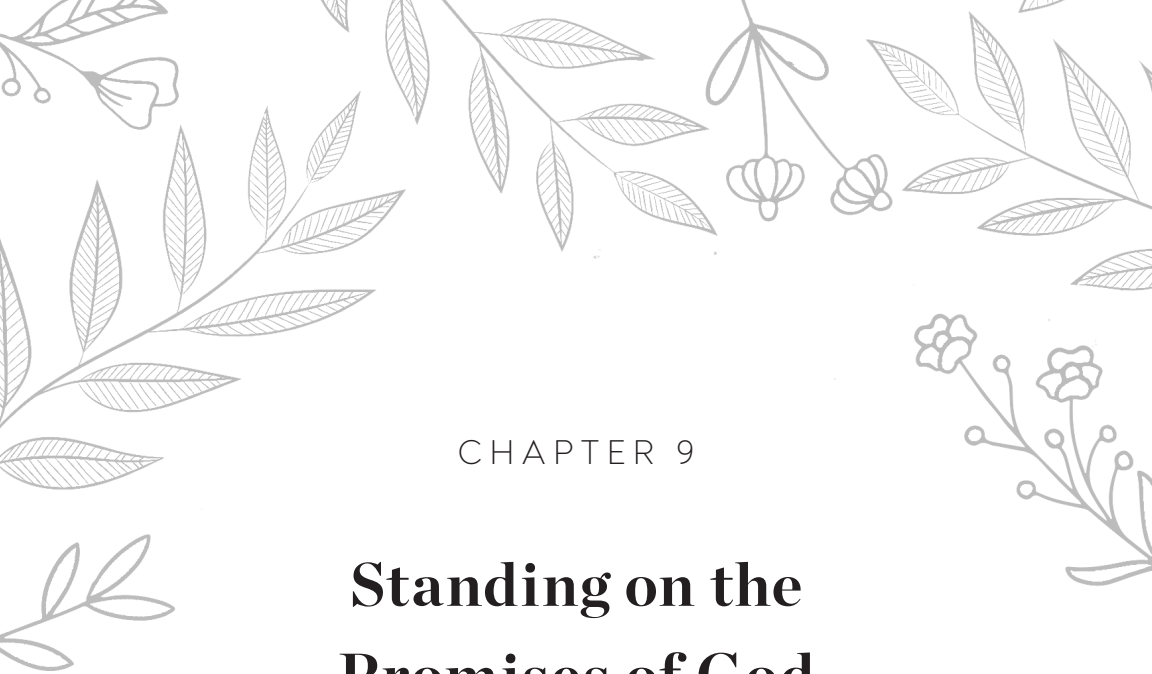
Space to Surrender

Grow in the grace and knowledge of our Lord and Savior
Jesus Christ.

2 PETER 3:18

1. Did any of the things you learned about God in this chapter change how you think about Him? How so? Is there a characteristic about God in particular that encourages you the most?
2. Trusting someone enough to surrender your own hopes and plans to them is pretty much impossible unless you have a deep, intimate relationship. How would you describe your relationship with God right now?
3. In his *Confessions*, Augustine said that God is “closer to me than I am to myself.” In other words no one knows, understands, or loves you more intimately than the God who created you. Try making a habit of meditating on the nearness of God—it’s a great way to build your trust in Him! Write down some other characteristics of God that we didn’t mention in this chapter that encourage your heart to praise Him.

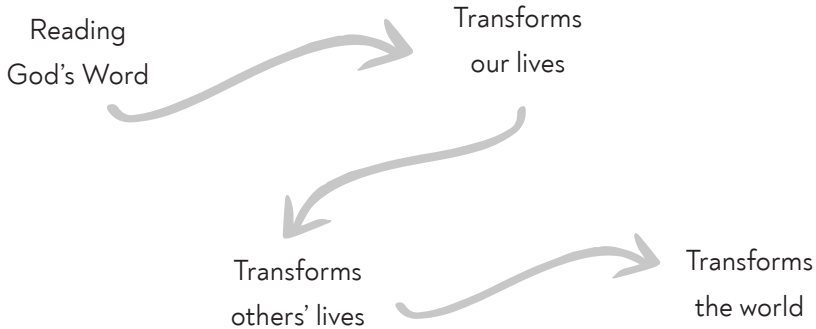
Lord, thank You that You are so good, all powerful, and all knowing. I want to get to know You personally and intimately. I pray that You would help me to make time to be with You in Your Word. I want to know You more, love You more, and in turn, trust You more with my story.



CHAPTER 9

Standing on the Promises of God

The Transforming Power of God's Word



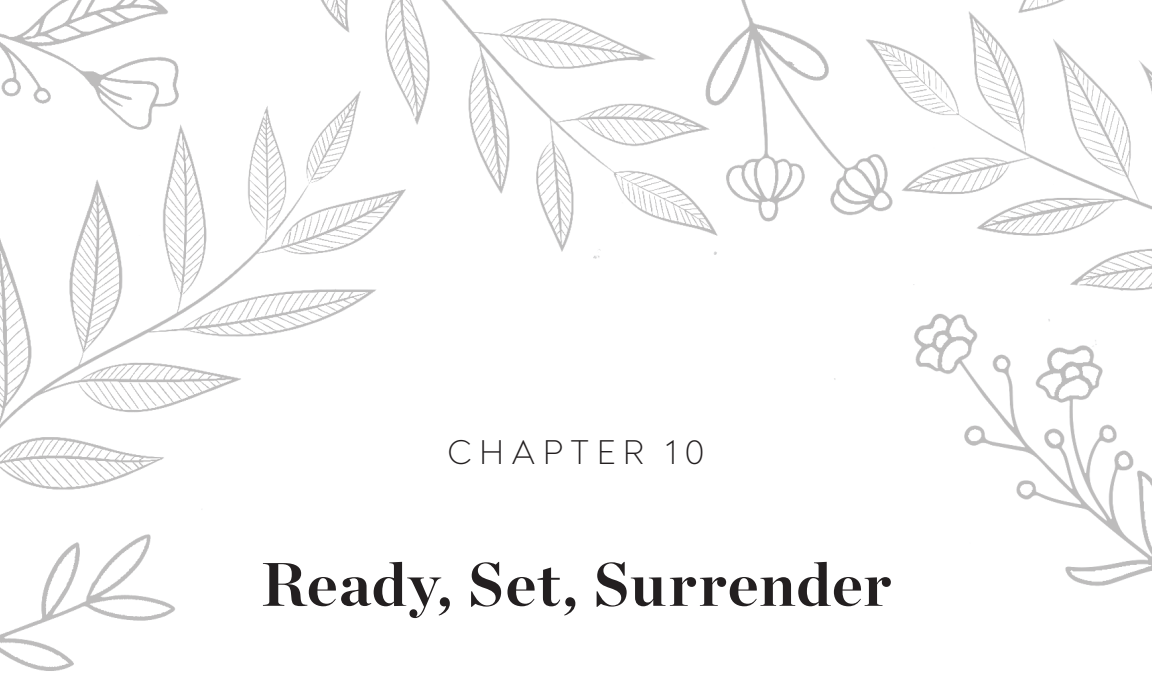
Space to Surrender

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

ROMANS 12:2

1. Name one or two obstacles you have when it comes to reading your Bible consistently, and challenge yourself to overcome them with the help of the Holy Spirit.
2. Find a passage of Scripture, whether random or one you are studying in your quiet time, and try to answer these questions about that particular passage, if applicable. This is an awesome exercise in being better “biblical detectives” and knowing God’s Word more, which will ultimately help us grow in our trust of Him.
 - Is there an example or command for me to follow?
 - Is there a sin for me to avoid?
 - Is there a promise of God for me to hold on to and take comfort in?
 - Is there a challenge or hardship that I should be aware of so I can persevere?
 - Is there a character trait of God that I should learn about?

Father, I believe Your promises are good and Your Word is true. Thank You for giving us the Bible as our guide; help me to follow it daily. Give me the confidence to be a good reader, interpreter, and applier of the Bible so that I can love You more and trust You deeper.



CHAPTER 10

Ready, Set, Surrender

A Prayer of Surrender

Steal this prayer, or create a version of your own to pray on your journey toward the surrendered life.

Lord, help me surrender my story to You each and every day, remembering that I can only do so through Your Spirit and strength.

When I'm tempted to rush ahead of Your timeline, remind me to wait upon You.

When the world feeds me the lie that I can do all things in my own strength, bring me to my knees.

When my soul is anxious, reassure me that there is no safer place to be than in great need of You.

When I am trying to figure it all out, remind my heart to pray, "Not my will but Yours be done."

Thank You for revealing what I need to know to make decisions that honor You. Thank You for revealing

Your beautiful heart and trustworthy character to me—I know I can trust You with my story.

Thank You for the gift of the Holy Spirit, my counselor, guide, power source, and advocate.

Lord, I trust Your will. I trust Your heart. I will keep declaring these truths back to You, training my heart to trust You even when it's not easy.

I love You, Lord. Thank You for loving me so much that You want to write my story. Amen.