

YOUR TRANSFORMATIONAL JOURNEY

Begin your Journey

“Jesus replied, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

MATTHEW 11:28 (NLT)

Surrender to Christ—

Respond to His invitation
with faith and trust.



Written by--

Christie Johnson, Servant of God

This paper is part of the **Your Transformation Journey series**—a collection of discipleship resources designed to help you come to Jesus Christ, discover your identity in Him, experience His healing, and grace, and grow into the person He created you to be.

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Scripture Notice

Unless otherwise noted, all Scripture quotations are taken from the *Holy Bible, New Living Translation (NLT)*.

Ministry Disclaimer

This resource is intended to provide biblical encouragement, spiritual guidance, testimony, and discipleship rooted in God's Word. It is not intended to replace pastoral care, professional counseling, legal advice, or medical or mental health treatment. If you are facing circumstances that require professional assistance, please seek help from qualified professionals while continuing to trust the Lord for His wisdom, comfort, and strength.

A Personal Note

My prayer is that every page of this resource points you to Jesus Christ. My story is only a testimony of God's grace and transforming power. Any wisdom shared comes from His Word and His faithful work in my life. May the Holy Spirit use these pages to draw you closer to Christ, strengthen your faith, renew your hope, and continue His transforming work in you.

"Pointing people to the hope, healing, and transformation found in Jesus Christ."

Contact

If this resource has encouraged you and you would like additional Bible studies, discipleship resources, or prayer, I would be honored to hear from you.

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Welcome to Your Transformation Journey

"And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

Philippians 1:6

Welcome.

Whether you are taking your first steps toward Jesus Christ, returning after a difficult season, or continuing to grow in your walk with Him, this series was written to encourage you on your journey of transformation.

Transformation is not something we accomplish by our own strength. It is the lifelong work of God as He draws us to Himself, renews our minds through His Word, heals the broken places of our hearts, teaches us to trust Him, and shapes us into the likeness of Jesus Christ.

These eight papers are designed to be read one at a time. Each one focuses on a different part of the Christian journey while building upon the others. Together they present a biblical picture of God's grace, healing, purpose, and ongoing work in the life of every believer.

The Eight Papers

1. Come As You Are—God Meets You Right Where You Are

Discover that you do not have to clean up your life before coming to Jesus. He welcomes you with grace, love, mercy, and the invitation to begin a new life in Him.

2. Jesus Began My Transformation

Learn how salvation through Jesus Christ is the beginning of a new life and the foundation for every step of spiritual growth.

3. Walking with Jesus Today

Discover what it means to develop a daily relationship with Christ through Scripture, prayer, obedience, and dependence upon the Holy Spirit.

4. Trusting God Through Life's Storms

See how God remains faithful during seasons of suffering, grief, uncertainty, and hardship, using every trial to strengthen our faith.

5. Growing to Become More Like Christ

Explore how God transforms our character over time as we surrender to His work and allow Him to shape every area of our lives.

6. Discovering Your Identity in Christ

Learn who God says you are and how your identity in Jesus replaces fear, shame, rejection, and the lies of the past.

7. Transformed to Serve

Discover how God uses every part of our story—even our brokenness—to prepare us to serve others for His glory.

8. Living with Hope Until He Returns

Finish your journey by fixing your eyes on Jesus, living faithfully each day, and looking forward with confidence to His eternal promises.

How to Use This Series

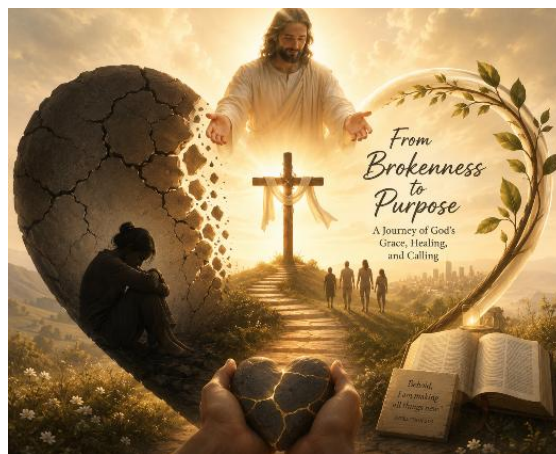
Read each paper slowly and prayerfully. Begin by asking the Holy Spirit to teach you through God's Word and to reveal areas where He desires to continue His transforming work.

As you read:

- Read every Scripture carefully and consider its meaning.
- Spend time praying about what God is teaching you.
- Reflect honestly on how each truth applies to your own life.
- Return to passages that speak deeply to your heart.
- Allow God's Word—not simply the author's experiences—to shape your thinking and strengthen your faith.

My prayer is that these resources will not simply give you information but will help you know Jesus Christ more deeply, trust Him more fully, and experience the ongoing transformation that only He can accomplish.

May God richly bless you as you begin—or continue—your own Transformation Journey with Him.



Come → Believe → Walk → Trust → Grow → Identity → Serve → Hope.

Surrender to Christ

Letting Go of Control and Trusting Jesus with Your Whole Life

Theme Scripture

"Then Jesus said to his disciples, 'If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.'"

Luke 9:23–24

Supporting Theme Verse

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Proverbs 3:5–6

These Scriptures reveal that following Jesus begins with surrender. Christ lovingly invites us to lay down our own plans, desires, fears, and attempts to control our lives so that we can fully trust Him. Surrender is not losing our lives—it is discovering the abundant life found only in Jesus Christ as we learn to follow Him one step at a time.

Welcome and Encouragement

Welcome to the second step of your Transformation Journey. In the first paper, you discovered that Jesus lovingly invites you to come to Him just as you are. Now He invites you to take the next step: surrendering your life fully to Him.

Surrender can feel difficult because it means letting go of control, trusting God's will above your own, and allowing Jesus to lead every part of your life. But surrender is not about losing something good, it is about trusting the One who loves you perfectly. When we release our plans, fears, burdens, and desires into His hands, we begin to experience the peace, freedom, and purpose that only Christ can give.

This is a lesson God continues to teach me in my own journey. **I have learned that following Jesus is not only believing in Him but trusting Him daily with my whole life.** My prayer is that as you read this lesson, you will have the courage to surrender every part of your heart to Christ and discover that His way truly leads to life.



What God's Word Teaches

Throughout Scripture, God lovingly calls His people to trust Him completely. From the beginning, His desire has never been simply for outward obedience but for hearts that willingly belong to Him. Jesus invites us into a relationship where He is not only our Savior but also our Lord. He says, *"If any of you want to be my follower, you must give up your own way, take up your cross daily, and follow me"* (**Luke 9:23**). Surrender is not a one-time decision but a daily choice to trust Jesus more than we trust ourselves.

Through His Word, God reminds us, *"Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take"* (**Proverbs 3:5–6**.) When life feels uncertain, He invites us to stop carrying the weight of trying to control everything. Instead, He asks us to place our lives into His hands, knowing that His wisdom is perfect, His timing is faithful, and His plans are always for our good and His glory.

The greatest example of surrender is Jesus Himself. On the night before the cross, He prayed, *"Father, if You are willing, please take this cup of suffering away from Me. Yet I want Your will to be done, not Mine"* (**Luke 22:42**). Although He knew the suffering that lay ahead, Jesus willingly submitted Himself to the Father's will because of His love for us. As we follow Christ, the Holy Spirit teaches us to develop that same heart of humble trust and willing obedience.

The Holy Spirit is the One who enables us to surrender. Left to ourselves, we naturally want to hold tightly to our plans, our fears, and our understanding. But as we yield to Him, He transforms our hearts from the inside out. God promises, *"For God is working in you, giving you the desire and the power to do what pleases Him"* (**Philippians 2:13**). Surrender is not about trying harder; it is about allowing the Holy Spirit to work within us, giving us both the desire and the strength to faithfully follow Jesus.

As I look back over my own journey, I can see that surrender has been one of God's greatest lessons in my life. There were seasons when I wanted to understand every circumstance, hold on to my own plans, or find answers before taking the next step. Yet God patiently taught me that following Him meant trusting Him even when I could not see what lay ahead. Looking back now, I can see that every time I surrendered another area of my life to Christ, He proved Himself faithful. His plans were always better than mine, His strength carried me when mine failed, and His grace never left me.



The Lord is speaking to your heart today through His Word: *"Will you trust Me with your whole life?"* He already knows your fears, your questions, your dreams, and the burdens you carry. He is not asking you to surrender because He wants to take something from you. He is inviting you to surrender because He loves you and desires to lead you into the abundant life only, He can give. *"Give all your worries and cares to God, for He cares about you"* (1 Peter 5:7). As you place your life into His hands one day at a time, you will discover that the safest place to be is walking in faithful obedience with Jesus Christ.

Why This Matters

Many people believe they can follow Jesus while still remaining in control of their own lives. They trust Him for salvation but struggle to trust Him with their decisions, relationships, fears, finances, future, or daily choices. Yet Scripture teaches that following Christ means more than believing in Him—it means surrendering our lives to His loving authority. When we choose to trust Jesus completely, we discover that His will is always wiser, His ways are always better, and His plans are always for our good and His glory (Proverbs 3:5–6; Romans 12:1–2).

Surrender is not about losing your freedom; it is about finding the life God created you to live.

As we lay down our own desires and learn to follow Christ, the Holy Spirit transforms our hearts, strengthens our faith, and teaches us to depend on God's wisdom instead of our own understanding. We begin to experience the peace that comes from knowing our lives are safely in His hands, even when we cannot see what lies ahead (Philippians 4:6–7).

This truth has become one of the greatest lessons of my own journey. There have been many times when I wanted answers before taking the next step or tried to hold tightly to my own plans. Yet God has faithfully shown me that every act of surrender has drawn me closer to Him and deepened my trust in His goodness. The more I have learned to let go of control, the more I have discovered that Jesus is always faithful. Surrender is not the end of the journey; it is the beginning..." of a life that is increasingly shaped by His love, His grace, and His purpose.



Signs You May Be Here

Every believer's journey of faith includes moments when God lovingly invites us to trust Him more deeply. Surrender is not something we do only once—it is a daily decision to place every area of our lives into Christ's hands. I have learned that there have been many times when God asked me to release my own plans, trust His timing, and follow Him even when I could not see where He was leading. Looking back, I can see that every step of surrender strengthened my faith and taught me that His ways are always better than my own. If you recognize yourself in any of the signs below, don't be discouraged. They may be evidence that God is inviting you into a deeper relationship with Him through surrender.

- *You believe in Jesus but struggle to trust Him with every area of your life. (Luke 9:23)*
- *You find yourself trying to control situations instead of placing them in God's hands. (Proverbs 3:5–6)*
- *You feel anxious about the future and find it difficult to trust God's plan. (Matthew 6:33–34)*
- *You know God is asking you to take a step of obedience, but fear is holding you back. (Joshua 1:9)*
- *You want God's blessings but find it difficult to surrender your own will. (Romans 12:1–2)*
- *You carry burdens that Jesus has already invited you to give to Him. (1 Peter 5:7)*
- *You desire a closer relationship with Christ and long to follow Him more faithfully. (John 10:27)*
- *You sense the Holy Spirit leading you to let go of something that is keeping you from fully trusting God. (Galatians 5:25)*

If these signs describe where you are today, take heart. Jesus is not asking you to surrender because He wants to make your life harder. He is inviting you to trust the One who knows you completely, loves you perfectly, and is faithful in every circumstance. As you choose to surrender your life to Him day by day, you will discover that His peace is greater than your fears, His strength is sufficient for your weakness, and His plans are far better than anything you could accomplish on your own.



"Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

Proverbs 3:5–6

Biblical Truths to Remember

When fear, uncertainty, or the desire to stay in control begins to overwhelm you, anchor your heart in what God says. His Word is trustworthy, His promises never fail, and His faithfulness remains constant in every season of life. As you learn what it means to surrender your life to Christ, hold on to these biblical truths and allow them to remind you that you can safely trust Him with every part of your life.

- *Jesus calls you to follow Him with your whole heart. (Luke 9:23)*
- *God is trustworthy, even when you do not understand His plan. (Proverbs 3:5–6)*
- *God's will for your life is good, pleasing, and perfect. (Romans 12:1–2)*
- *You can give every worry and burden to God because He cares for you. (1 Peter 5:7)*
- *The Holy Spirit gives you the desire and strength to obey God. (Philippians 2:13)*
- *God's grace is sufficient for every weakness you face. (2 Corinthians 12:9)*
- *Jesus promises to guide those who faithfully follow Him. (John 10:27)*
- *God is working all things together for the good of those who love Him. (Romans 8:28)*
- *The safest place to be is in the center of God's will. (Psalm 32:8)*
- *The more you surrender to Christ, the more He transforms you into His likeness. (2 Corinthians 3:18)*

These truths are more than encouraging words—they are the unchanging promises of God. Return to them often, especially when fear, doubt, or the desire to control your circumstances begins to replace your trust in Him. As you build your life upon God's Word, you will discover that surrender is not a burden but a blessing. The God who calls you to trust Him is faithful to lead you, strengthen you, and continue the transforming work He has begun in your life.

Walking with Jesus Today

My child, you do not have to carry the weight of your life alone. I know your fears, your questions, your struggles, and even the things you find difficult to release into My hands. I have never asked you to walk this journey by your own strength. I am asking you to trust Me, one step at a time.



Stop striving to control what only I can see. Place your plans, your worries, your future, and your heart into My hands. My ways are higher than your ways, My wisdom is greater than your understanding, and My love for you never changes. As you surrender each part of your life to Me, you will discover that My plans are always good, My grace is always sufficient, and My presence will never leave you.

Today, choose one area of your life that you have been holding tightly and place it before Me in prayer. Trust that I am faithful to guide you, strengthen you, and provide everything you need as you follow Me. Walk in obedience, remain in My Word, and depend upon the Holy Spirit each day. I will continue the work I have begun in your life, shaping you into the person I created you to be.

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

Proverbs 3:5–6

Trust Me with your whole life today. As you surrender your heart to Me, you will discover the peace, freedom, and joy that come from walking faithfully with Jesus Christ. **(Psalm 37:5; John 10:27–28; Philippians 1:6)**

As you read this section, prayerfully receive these truths through the words and promises of Scripture.

Reflection Questions

Before you answer these questions, take a few quiet moments to pray and invite God to search your heart. Ask the Holy Spirit to reveal any areas where you are still holding on to control and to give you the courage to trust Jesus more fully.

1. As you read this lesson, what truth about surrendering your life to Christ spoke most deeply to your heart? Why do you think God is bringing that truth to your attention today?
2. Is there an area of your life that you are finding difficult to surrender to Jesus? What fears, doubts, or concerns are making it hard to trust Him completely?
3. Are there places where you have been relying on your own understanding instead of seeking God's will? What is God inviting you to do differently?
4. Looking honestly at your walk with Christ today, what is one area where He is calling you to take a step of faith and obediently follow Him?
5. Jesus calls His disciples to "give up your own way, take up your cross daily, and follow Me" (Luke 9:23). What is one practical step of surrender you can take this week to trust Him more fully and grow in your relationship with Him?



Prayer

Heavenly Father,

Thank You for loving me enough to invite me into a life of complete trust in You. Thank You for sending Your Son, Jesus Christ, to save me and show me what it means to live in humble obedience to Your will. Teach me to surrender every part of my life to You — my plans, my fears, my worries, my relationships, and my future. Help me trust that Your ways are always higher than mine and that Your plans are always good. I also lift up every person reading these words today. Draw them closer to Your heart and give them the courage to surrender whatever they have been holding onto. Strengthen their faith, fill them with Your peace, and help them experience the joy and freedom that come from trusting Jesus completely. Continue transforming each of us into the likeness of Christ through the power of Your Holy Spirit.

In Jesus' name,

Amen.

Journal Prompt

Take some time to be honest with God as you write. Ask Him to reveal any areas where you have been holding on to control instead of trusting Him. As you reflect on today's lesson, consider these questions:

1. What is God asking me to surrender to Him today?
2. What fears or concerns have made it difficult for me to trust God's plan completely?
3. What is one step of faith I can take this week to follow Jesus more faithfully and depend on Him rather than myself?

This Week's Challenge

Choose one area of your life that you have been struggling to surrender to God. Spend at least 15 minutes each day praying specifically about that area, asking the Lord to help you trust Him completely. Read Luke 9:23–24 and Proverbs 3:5–6 each day and write down one way God is teaching you to rely on Him instead of your own understanding. As opportunities arise throughout the week, take one practical step of obedience that demonstrates your trust in Christ, believing that He is faithful to guide every step you take.

Verse to Remember

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

Proverbs 3:5–6

Looking Ahead

As you learn to surrender your life to Jesus Christ, you may begin to discover areas of your heart that still carry pain, brokenness, fear, or wounds from the past. The beautiful truth is that the same Savior who calls you to trust Him also desires to bring healing and restoration to every part of your life. In the next paper, we will explore Healing and Restoration and discover how God lovingly heals our wounded hearts, restores our hope, and continues His transforming work through the power of the Holy Spirit.

Closing Blessing

Thank you for taking another step on your Transformation Journey. My prayer is that you will continue learning to trust Jesus with your whole heart and faithfully surrender every area of your life to His loving care. May the Lord strengthen your faith, give you courage to follow wherever He leads, fill your heart with His perfect peace, and remind you each day that His plans are always good. As you continue walking with Christ, may you experience the joy, freedom, and hope that come from placing your life completely into His hands.

Prayerfully prepared by

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