

Rest + Surrender Reflection Guide

G MODULE • GROUNDED

Helping you release striving, embrace rest, and abide in Christ.

Use this worksheet to reflect on where you have been striving, carrying pressure, or performing spiritually. Let this guide help you slow down, surrender what is heavy, and begin practicing rhythms of honest rest in Christ.

1 Spiritual Performance Audit

Where do you feel pressure to appear strong, polished, or spiritually "together"?

- ☐ trying to impress others spiritually
- ☐ hiding struggles
- ☐ feeling guilty when I rest
- ☐ over-serving without margin
- ☐ striving for approval
- ☐ fearing disappointment
- ☐ doing more than God asked of me
- ☐ other _____

2 Where Am I Striving?

List the areas where you feel exhausted from trying to prove, maintain, or manage everything.

relationship with God: _____

responsibilities: _____

emotions: _____

service / leadership: _____

3 What Am I Carrying?

Name the burdens, expectations, or pressures you need to surrender.

4 Honest Prayer Before God

Write a simple, honest prayer of surrender. You do not have to perform here.

5 My Rest Rhythm This Week

Choose one rhythm of rest or abiding to protect this week.

- ☐ morning quiet time
- ☐ Sabbath rest
- ☐ phone-free stillness
- ☐ prayer walk
- ☐ stopping before saying yes

The one I will protect this week: _____

6 Abiding Reflection

What would it look like to live from love instead of striving for it?

7 Grounded Declaration

I do not have to strive for what Christ has already secured.

I can rest, surrender, and abide in Him.

God is not asking me to perform for love. He is teaching me to live from it.