

## Behind the Sword: Week 2 - God Never Asked You to Carry the Sword

A Guided Surrender Experience

**Pause and Pray:** Before you begin, take a deep breath and invite God into this moment.

Father, You know every burden I carry and every battle I am fighting. Give me the courage to be honest about what is weighing on my heart and the wisdom to recognize what belongs to You. Help me trust You enough to surrender what I cannot control. Amen.

### Step 1: Identify the Battle

**Read Exodus 14:14 slowly:** "The Lord himself will fight for you. Just stay calm."

**Now ask yourself:** What battle am I carrying right now?

- a relationship
- a family situation
- a work challenge
- a financial concern
- a health issue
- uncertainty about the future
- the need to prove myself
- something else

Write about it here:

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### Step 2: Examine the Sword

What am I trying to control? Highlight all that apply.

- Someone else's opinion of me
- Someone else's behavior
- A future outcome
- A relationship
- A difficult conversation
- My reputation
- My success
- My failure
- Something else

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**Now reflect:** How is carrying this battle affecting me emotionally, physically, or spiritually?

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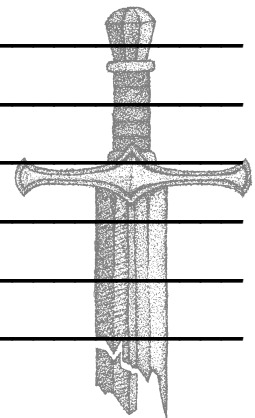
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On the Journey  
Growing in faith, together

**Step 3: Separate Responsibility from Control**

**Ask yourself:** What is my responsibility? What actions has God actually called me to take?

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What belongs to God? What outcomes, people, situations, or circumstances can only be handled by Him?

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**Step 4: Lay Down the Sword**

Imagine placing your sword at the feet of Jesus. What battle are you surrendering today?

Write it here. Lord, today I surrender:

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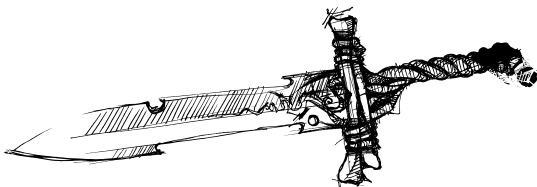
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**Declaration of Trust.** Read these aloud:

- God is fighting battles I cannot see.
- I do not have to carry every burden alone.
- I can trust God with what I cannot control.
- Peace is available to me today.
- I do not need to prove myself.
- God is faithful in every season.
- The Lord fights for me.
- I can rest in His protection.



**Closing Prayer**

Father, Today I choose to put down the sword. I release the pressure to control what only You can control. I surrender the battle I have been carrying and place it into Your hands. Help me trust You when I am tempted to pick it back up. Remind me that You are my defender, my protector, and my peace. Teach me to walk forward in faith instead of fear, trust instead of control, and surrender instead of striving. In Jesus' name, Amen.