

Surrender

1. Have I prayed today?

Ask God to work in the current situation and release the burden to Him.

2. Have I filled my mind with truth today?

Open God's word and allow Him to speak truth.

3. Have I spoken truth over my life today?

Memorize a key verse & say it out loud.

4. Have I taken a moment to breathe today?

Find a quiet place & just breathe.

5. Have I exercised gratitude today?

Choose to find something good and express gratitude.

