

Freedom Through Surrender

We've all been there — standing at the end of ourselves.

Trying to balance it all. Trying to be strong. Trying to keep things together when life feels like it's falling apart.

Maybe for you, that “rock bottom” looked like heartbreak.

Or exhaustion.

Or simply realizing that no matter how hard you try, you can't fix what's broken.

Rock bottom is never comfortable, but it's often where God does His best work.

It's where we finally stop striving, unclench our fists, and surrender.

Psalm 40:2 says,

“He lifted me out of the slimy pit, out of the mud and mire;

He set my feet on a rock and gave me a firm place to stand.”

That's what freedom looks like.

Not perfection.

Not control.

Not getting it all together first.

Freedom begins the moment we hand God the parts of our story we've been trying to manage on our own.

Jesus said,

“Come to me, all of you who are weary and burdened, and I will give you rest.” — Matthew 11:28–30

When we come to Him — weary, messy, worn out — He doesn't turn us away. He lifts us up, cleans us off, and reminds us who we are: redeemed, restored, and deeply loved.

THE TRUTH ABOUT FREEDOM

1. God Meets Us in Rock Bottom

You don't have to climb your way back up for Him to find you. He meets you in the pit and pulls you out. (Psalm 40:2)

2. Surrender Brings Freedom

True freedom doesn't come from trying harder; it comes from giving up control. When we release what we're holding, God replaces it with peace. (Matthew 11:28–30)

3. You Have a New Identity in Christ

Freedom isn't about fixing your old life — it's about walking in the new one He's already given you.

“If anyone is in Christ, they are a new creation; the old has gone, the new is here.” — 2 Corinthians 5:17

4. God Restores What Was Lost

Even when it feels like you’ve wasted years, God is in the business of restoration.

“I will restore to you the years the locusts have eaten.” — Joel 2:25

PRACTICAL STEPS TO WALK IN FREEDOM

- Be honest with God. Tell Him what you’ve been trying to control or hide. He already knows — and He’s not shocked by your struggle.
- Let people in. Freedom often starts in community. Find someone safe to walk with you, pray with you, and hold you accountable.
- Replace old habits with life-giving ones. Trade coping for connection — a walk, a verse, a prayer, a moment with your kids, or time in worship.
- Celebrate progress, not perfection. Every small step of obedience is a victory worth thanking God for.

You don’t have to get it all together before you come to God.

He meets you right where you are — and that’s where freedom begins.

PRAYER

Lord, thank You for meeting me in my mess.

I’m done trying to control what only You can carry.

I surrender the things that keep me bound — the fears, the habits, the shame, the striving.

Lift me out of the pit and set my feet on solid ground.

Teach me to walk in Your freedom, one surrendered step at a time.

Amen.

TRUTH DECLARATIONS

- I am not defined by my past; I am redeemed by grace.
- I don’t have to fix myself — Jesus already rescued me.
- Freedom begins where my control ends.
- God restores what I thought was lost.
- I am a new creation — loved, forgiven, and free.

REFLECTION QUESTIONS

1. Where do you need to fully surrender control to God today?
2. What “pit” has God already lifted you out of that you can thank Him for?
3. What habit or coping mechanism might He be asking you to release?
4. What’s one small step of obedience you can take toward freedom this week?

FURTHER READING

- *Psalm 40:1–3 – He lifted me out of the pit and gave me a firm place to stand*
- *Matthew 11:28–30 – Come to Me, all who are weary*
- *2 Corinthians 5:17 – You are a new creation*
- *Joel 2:25 – God restores what was lost*
- *John 8:36 – “If the Son sets you free, you will be free indeed”*
- *Romans 8:1–2 – No condemnation for those in Christ Jesus*

