

Surrender Your Tangled Thoughts

“Come to me, all of you who are weary and burdened, and I will give you rest.”

— *Matthew 11:28 (CSB)*

Does your mind ever feel tired?

A few months ago, I woke up to my alarm and before my coffee was even done brewing, my thoughts were already tangled.

- You're not a good friend.
- You talk too much.
- You still haven't forgiven that person.

It was a total mind storm — 11 minutes in and I was mentally exhausted.

I wasn't physically tired. I had just rested. But my mind was weary. My thoughts were swirling, my emotions were heavy, and I couldn't seem to stop replaying every fear, every regret, and every lie.

Have you ever been there?

That morning, I cried out to God. “What do You possibly have for me in this mess?” And gently, He began to show me what was going on — not around me, but inside me.

I'd been moving my thoughts around instead of surrendering them. Worries, expectations, disappointments — all stacked in the corners of my mind. I told myself I'd deal with them later, but instead, they piled up until there was no room left to rest.

God didn't ask me to manage my thoughts. He asked me to surrender them.

When we try to control our thoughts, they knot tighter. But when we humbly hand them to Jesus, He untangles them with gentleness and grace.

And here's the beautiful part:

Jesus doesn't just want our surrender — He wants our childlike trust.

He calls us to come to Him like children — dependent, vulnerable, and completely honest.

Children don't overthink their need; they just reach out. They run to the One they trust.

That's the invitation for us today: to stop pretending we're fine, to stop holding it together, and to simply come — dependent, small, honest, and willing to rest in His arms.

We must declare TRUTH over our thoughts.

Truth Declarations are short, powerful statements rooted in God's Word. They help us replace lies, fears, and anxious thoughts with truth — out loud. When our minds feel tangled, declaring truth helps realign our hearts with God's promises instead of our feelings.

It's a way to renew our minds (Romans 12:2) and take every thought captive (2 Corinthians 10:5).

Here's how to do them:

1. Name It — What thought or fear keeps circling in your mind?
2. Surrender it — Surrender it to Jesus. Acknowledge that you can't fix or control it.
3. Declare the truth — Speak God's Word out loud, even if your emotions haven't caught up yet.
4. Repeat daily — Truth transforms over time; speak it again until your heart believes it.

Reflection Questions:

What thoughts feel tangled in your mind today?

Which of those have you been trying to control instead of surrendering?

What would it look like for you to come to God like a child — dependent and vulnerable?

Prayer

Lord, my mind feels tired. I've carried things You never asked me to.

Help me release every fear, lie, and burden to You.

Teach me to come like a child — honest, dependent, and trusting.

Untangle my thoughts, renew my mind, and give me rest in Your presence.

Amen.

For Further Reading

Matthew 11:28–30 – Jesus invites the weary to come and find rest in Him.

Psalms 131:1–2 – A quieted soul, content like a weaned child with its mother.

Philippians 4:6–8 – Replace anxious thoughts with prayer, gratitude, and truth.

2 Corinthians 10:5 – Take every thought captive to obey Christ.

1 Peter 5:6–7 – Humble yourself under God's hand and cast your cares on Him.

Psalms 46:10 – Be still and know that He is God.

Isaiah 26:3 – You keep him in perfect peace whose mind is stayed on You.

Romans 12:2 – Be transformed by the renewing of your mind.

Matthew 18:3–4 – Unless you become like little children, you will never enter the kingdom of heaven.

