

Dear Jesus,
I give You _____
I humble myself before You,
believing You are bigger than me,
that You are more than capable
to handle my burdens.
I don't know what the outcome
of me giving up control
of _____ will be.
but even so, I open my fist
and let You grab it
(or the person) from me.
I want Your will.
I want Your presence.
I need Your strength.
Please take this burden today
and use it in my life for Your glory.
Help me to entrust _____ to You
even when things seem dark.
I trust You. At least I try.
But help me to trust You today.
Right now. I give it up.
I choose not to worry
any more about this. Amen

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