



THE SURRENDER SHEET

A DAILY EXAMEN OF SURRENDER

DATE _____

MORNING

Enter the day with open hands.

THE SIGN OF THE CROSS

Slow it down and feel God reach toward you with each touch, glad you are here.

CHRIST LIVES IN ME

You are not facing this day alone. You wake up already part of the Body of Christ.

ADORATION

Thank Him for the small things until you feel the size of the love behind them.

I AM FLAWED AND PERFECTLY LOVED

You will get in your own way today, and you are still loved completely. Both are true.

WHAT ARE YOU ACTUALLY CARRYING?

Name the specific things weighing on you this morning, plainly and honestly.

LOOK THROUGH HIS EYES

Look at each of those things the way Jesus would, before you walk into the day.

EMPTY YOURSELF

Open your hands and give all of it to God, because He is the only one who can carry it.

GO AS THE BODY

Say your own name and claim it. Chosen, held, beloved. Then go.

THOUGHTS

If something moved in you, set it down here.

EVENING

Empty yourself of the day just lived.

THE SIGN OF THE CROSS

Take one real breath and feel God reach toward you again at the end of this day.

CHRIST LIVES IN ME STILL

Nothing that happened today moved you out of the Body or cost you His love.

I AM BOTH, EVEN NOW

Say your own name. Still chosen, still held, still beloved, even after today.

REVIEW THE DAY

Look honestly at where you let God move through you, and where you got in the way.

LOOK AGAIN THROUGH HIS EYES

Go back to the hard moments and see them the way Jesus saw them.

CONTRITION AND RELEASE

Name where you missed the mark, and hand each one to the love that already covers it.

OFFER THE RAW MATERIAL

Gather the whole day, the good and the bad, and give all of it to God.

ADORATION

Thank Him for all of it, then sit still until the size of the love finds you again.

LISTEN

Ask quietly what He wants of you tomorrow, then wait without hunting for an answer.

DECLARATION

Write down the one thing you heard, even if what you heard was nothing.

CLOSE

Seal it with the Sign of the Cross and rest, held by God.

THOUGHTS

If something moved in you, set it down here.
