



ROOT TRACE

What Grew After the Hurt?

Choose one area where trusting God has been difficult. Start at the surface and trace the root all the way down. Don't overthink it. Just be honest.

1

THE HURT

What happened that left you disappointed, afraid, wounded, or unsettled?

2

THE DECISION

What did you decide afterward?

I need to protect myself. • I can't depend on anyone. • I have to stay in control. • I know what is best for me.

3

THE ROOT

What started growing from that decision?

FEAR

CONTROL

ANGER

INDEPENDENCE

BITTERNESS

UNFORGIVENESS

PRIDE

OTHER

4

THE CLENCHED FIST

What are you still trying to manage without God?

5

THE TRUTH

What does God's Word say instead?

No shame. No condemnation. We're just digging.



NOW TURN THE SOIL

Take what you uncovered on page one and stay with it for a few more minutes.

1 NAME IT HONESTLY

If you strip away the polished answer, what are you actually afraid will happen if you release this to God?

2 CALL OUT THE LIE

What belief has been hiding underneath the hurt?

3 PLANT THE TRUTH

What does Scripture say that is truer than the lie?

ANCHOR IT IN THE WORD

"Trust in the LORD with all your heart..." - Proverbs 3:5-6

4 MAKE THE OPEN-HAND MOVE

Trust gets practical. What is one small way you can loosen your grip this week and put your weight back on God?

Today I choose to trust God with

by

ONE TREMBLING SHIFT OF YOUR WEIGHT BACK TOWARD HIM.

Open your hand. Breathe. Give it back. Repeat as often as needed.