

Got Roots?

The Weekly Dig

LOOSEN YOUR GRIP

7-Day Trust Challenge

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Sometimes trust doesn't look like one giant leap of faith.
Sometimes it looks like loosening your grip and putting
your weight back on Him.

Make a fist. Now slowly open your hand.

That's your picture for this week. Trust often begins by loosening our grip.

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DAY 1

Name what you're gripping.

☐

2

DAY 2

Catch one "I've got this"
thought.

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3

DAY 3

Open your hand and pray,
"Jesus, I give this back to You."

☐

4

DAY 4

Find one Scripture that
speaks truth over the fear.

☐

One open hand at a time.



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7-Day Trust Challenge

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DAY 5

Release one outcome you cannot control.

☐

6

DAY 6

Tell someone what God is teaching you.

☐

7

DAY 7

Look back: Where did you experience more peace this week?

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Grip Check

WHERE AM I TODAY?



White-knuckling it



Loosening up



Open-handed



Resting my weight
on Him.

This week I am loosening my grip on: _____

When I start gripping again, I will pray: _____

One open hand at a time.

