

IS THIS MINE TO FIX?

A simple guide for knowing when to act - and when to trust God with the outcome.

Think about one situation you can't seem to stop thinking about. A relationship. A decision someone is making. A problem that isn't changing. Use this page to think through that one thing.

1. WHAT AM I AFRAID WILL HAPPEN IF I DON'T STEP IN?

Don't solve it yet. Just name what you're afraid may happen.

2. WHAT IS ACTUALLY MINE TO DO?

- ☐ Have an honest conversation
- ☐ Give appropriate advice
- ☐ Set or maintain a boundary
- ☐ Make a decision that belongs to me
- ☐ Apologize or make something right
- ☐ Pray
- ☐ Take another responsible action: _____

Have I already done what is mine to do? ☐ Yes ☐ No

3. IN THIS SITUATION, WHAT IS NOT MINE TO CONTROL?

Which parts of this particular situation are outside your responsibility?

- ☐ The other person's decision
- ☐ Whether they agree with me
- ☐ How they respond to what I say or do
- ☐ Whether they take my advice
- ☐ Whether - or when - they change
- ☐ The timing
- ☐ The eventual outcome
- ☐ Other: _____

4. THE QUESTION I MAY NOT WANT TO ANSWER

If I've already done what's mine to do, what am I still trying to make happen?

Sometimes this is where responsibility and control finally separate.

5. WHAT WOULD TRUST LOOK LIKE TODAY?

- ☐ Not bringing it up again today
- ☐ Not checking whether they followed my advice
- ☐ Praying instead of planning my next intervention
- ☐ Not sending the text
- ☐ Letting someone make their own decision
- ☐ Taking the action I know is mine to take

Today, I will _____

"Trust in the Lord with all your heart, and do not lean on your own understanding..." **Proverbs 3:5-6**

Do what God has given you to do. Then trust Him with what He hasn't.

If letting go is harder than it sounds, sometimes one situation reveals a bigger pattern.

Letting Go: A Workbook on Trust and Control will help you dig deeper into what you're trying to control, why it's so hard to release, and what trusting God looks like when you don't get to determine the outcome.

Learn more at realamazingamy.com/letting-go