

# CHAPTER 1: Path of a Control Girl



## Lesson 1: A Rutted-Out Path

<i>Verse</i>	<i>Meditation</i>	<i>Prayer</i>
Proverbs 3:5–6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.	Rather than letting me continue in my illusion of control, God kindly exposes my lack of control and invites me to trust him instead.	<i>God, thank you for reminding me that you are in control so I don't have to be.</i>

## Lesson 2: Beneath Anger and Anxiety

<i>Verse</i>	<i>Meditation</i>	<i>Prayer</i>
Psalms 37:8–9 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.	My anger and anxiety often indicate a deeper heart-level struggle with control.	<i>Lord, help me to Hold responsibility for myself and, with the things I can't control, help me to Fold my hands in surrender to you.</i>

## Lesson 3: Where Am I Headed?

<i>Verse</i>	<i>Meditation</i>	<i>Prayer</i>
Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.	I am naturally bent on control, so surrender is counterintuitive.	<i>God, I will cultivate a new mind-set of surrender by meditating on truth about you.</i>

