



WALK WITH GOD:

Surrender to

Sanctuary

(The At-Home Version)

May 19-23, 2026

HOW TO USE:

(READ INSTRUCTIONS BEFORE BEGINNING)

1. SET ASIDE ONE UNINTERRUPTED HOUR
 2. FIND A QUIET SPACE (CHAIR, COUCH, FLOOR) - WHEREVER HELPS YOU FEEL PRESENT
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OPTIONAL ADDITIONS:

- GET UP BEFORE SUNRISE
- USE A JOURNAL OR PIECE OF PAPER
- A SMALL OBJECT (STONE, SEED, ETC.)
- A BLANKET

STATION ONE: SURRENDER (THE HOME)

"THE LORD IS MY SHEPHERD, I SHALL NOT WANT"

PSALM 23:1

MEDITATION (READ SLOWLY)

THE LORD IS MY SHEPHERD. BECAUSE OF WHO HE IS, I HAVE EVERYTHING I NEED. NOT BECAUSE MY LIFE IS PERFECT, NOT BECAUSE EVERYTHING IS RESOLVED—BUT BECAUSE HE IS WITH ME. WHERE I FEEL LACK REVEALS WHERE I AM STILL GRASPING. WHERE I STRIVE REVEALS WHERE I AM NOT YET BEING LED.

JESUS, I BRING YOU MY WANTS, MY NEEDS, MY FEARS, MY NEED TO CONTROL. WHAT DO YOU HAVE FOR ME HERE? TEACH ME TO TRUST THAT EVEN IN THIS MOMENT, I AM NOT LACKING. TEACH MY HEART TO REST IN YOUR PRESENCE.

PAUSE (2-3 MINUTES)

AT-HOME ACTIVITY: SURRENDER & PLANTING

**"IF A KERNEL OF WHEAT FALLS TO THE GROUND AND DIES... IT PRODUCES
MANY SEEDS." (JN. 12:24)**

WRITE OR THINK THROUGH THE FOLLOWING

- 1. WHAT AM I TRYING TO CONTROL?**
- 2. WHAT FEELS LACKING?**
- 3. WHAT AM I STRIVING FOR?**

TAKE A SMALL OBJECT (OR IMAGINE A SEED IN YOUR HAND)

- 1. OPEN YOUR HAND AND SAY: "JESUS, I GIVE THIS TO YOU."**
- 2. PLACE IT DOWN SOMEWHERE (TABLE, FLOOR, ETC.)**

MEANING (SIT FOR 1-2 MINUTES)

YOU ARE NOT LOSING IT - YOU ARE PLANTING IT

STATION TWO: REST (THE FIELD)

**“HE MAKES ME LIE DOWN IN GREEN PASTURES...
HE RESTORES MY SOUL...” - PSALM 23:2-3**

MEDITATION (READ SLOWLY)



**HE MAKES ME LIE DOWN. HE LEADS ME. HE RESTORES MY SOUL.
HE GATHERS ME—NOT JUST A PART OF ME, BUT ALL OF ME. MY
THOUGHTS, MY BODY, MY PAST, MY PRESENT—HE HOLDS IT ALL. I
DON'T NEED TO HOLD MYSELF TOGETHER. REST IS NOT INACTIVITY.
IT IS TRUST.**

***JESUS, WHERE HAVE YOU ALREADY PROVIDED FOR ME? WHERE
HAVE YOU ALREADY BEEN FAITHFUL? LET ME FEEL WHAT IT IS TO
BE HELD BY YOU. LET ME STOP RUNNING AND ALLOW MYSELF TO
BE GATHERED INTO YOUR CARE.***

PAUSE (3-4 MINUTES)

AT-HOME ACTIVITY: BEING HELD

SIT OR LIE DOWN

WRAP YOURSELF IN A BLANKET OR PLACE A HAND ON YOUR CHEST

SLOW DOWN YOUR BREATHING

ASK THE FOLLOWING:

- 1. JESUS, WHERE HAVE YOU ALREADY BEEN ENOUGH?**
- 2. WHERE HAVE YOU BEEN HOLDING ME?**

PAUSE (2-3 MINUTES)

MEDITATION (READ SLOWLY)

"I DON'T NEED TO CHASE GREENER GRASS. I DON'T NEED TO SCATTER MYSELF IN EVERY DIRECTION, TRYING TO FIND LIFE. JESUS, YOU DEFINE WHAT IS GREEN. YOU DEFINE WHAT IS LIFE. RIGHTEOUSNESS IS NOT SOMETHING I ACHIEVE—IT IS SOMETHING I AWAKEN TO BECAUSE OF WHAT YOU HAVE DONE. YOU ARE LEADING ME IN A PATH THAT BRINGS ME CLOSER TO YOU, INTO YOUR LIKENESS, INTO YOUR FAMILY. WHAT ARE YOU SHOWING ME ABOUT WHO YOU ARE? WHAT ARE YOU REVEALING ABOUT WHO I AM IN YOU?"

PAUSE (2-3 MINUTES)

AT-HOME ACTIVITY: EXCHANGE

IDENTIFY THE FOLLOWING:

1. A LIE YOU HAVE BELIEVED
 2. SOMETHING YOU'VE CHASED FOR IDENTITY
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SAY THE FOLLOWING:

"JESUS I RELEASE THIS"

THEN

"WHAT IS TRUE INSTEAD?"

WRITE DOWN OR SPEAK OUT WHAT COMES TO YOU

SAY THE FOLLOWING:

"I RECEIVE WHAT YOU SAY ABOUT ME"

PAUSE (2-3 MINUTES)

STATION THREE: PRESENCE (THE BANQUET TABLE)

**“EVEN THOUGH I WALK THROUGH THE VALLEY...
YOU ARE WITH ME... YOU PREPARE A TABLE...”**

PSALM 23:4-5

MEDITATION (READ SLOWLY)

**EVEN HERE—IN UNCERTAINTY, IN FEAR, IN THE PLACES I
DON'T UNDERSTAND—YOU ARE WITH ME. YOU ARE NOT
WAITING ON THE OTHER SIDE. YOU ARE HERE. YOU LEAD ME
THROUGH, NOT AROUND. YOUR ROD AND YOUR STAFF
COMFORT ME—YOU GUIDE ME AND SUPPORT ME. I AM NOT
ALONE.**

***JESUS, IN THE PLACES I FEEL AFRAID, HELP ME BECOME AWARE
OF YOUR PRESENCE. HELP ME WALK WITH YOU INSTEAD OF
TRYING TO ESCAPE.***

PAUSE (3-4 MINUTES)

MEDITATION (READ SLOWLY)

YOU PREPARE A TABLE IN THE PRESENCE OF WHAT FEELS AGAINST ME.
YOU DON'T REMOVE THE TENSION—YOU TRANSFORM MY IDENTITY
WITHIN IT. YOU ANOINT ME. YOU FILL MY CUP. YOU REMIND ME WHO I AM.
I AM NOT DEFINED BY FEAR, BY CONFLICT, OR BY OPPOSITION. I AM A
SON. A DAUGHTER. A PRIEST. A KING WITH YOU. JESUS, WHO DO I NEED TO
SEE DIFFERENTLY? WHERE ARE YOU INVITING ME TO BRING PEACE? TO
HOST, TO RECONCILE?

PAUSE (2-3 MINUTES)

AT-HOME ACTIVITY: REFRAMING "ENEMIES"

THINK OF A PERSON OR SITUATION
THAT FEELS DIFFICULT

PRAY THE FOLLOWING:

"GOD, YOU DON'T HAVE ENEMIES - YOU HAVE CHILDREN.

WHAT NEEDS TO CHANGE IN ME SO I CAN SEE THEM AS YOU DO?"

THEN ASK:

1. WHAT WOULD IT LOOK LIKE TO MOVE TOWARD PEACE?
2. WHAT WOULD IT LOOK LIKE TO SIT AT THE TABLE WITH THEM AS
FAMILY?

PAUSE (2-3 MINUTES)

STATION FOUR: LIFE (THE SANCTUARY)

**"SURELY GOODNESS AND LOVE WILL FOLLOW
ME..."**

PSALM 23:6

MEDITATION (READ SLOWLY)

**GOODNESS AND LOVE ARE NOT DISTANT—THEY ARE PURSUING
ME. RUNNING AFTER ME. THIS LIFE WITH YOU IS NOT SOMETHING
I EARN—IT IS SOMETHING I ENTER. EVERY DAY—EVERY
"TODAY"—YOU ARE WITH ME. IN THE ORDINARY. IN THE UNSEEN.
IN THE JOY AND IN THE STRUGGLE.**

***JESUS, HELP ME SEE WHERE YOU ARE ALREADY AT WORK IN MY
LIFE. OPEN MY EYES TO YOUR GOODNESS THAT IS CHASING ME
DOWN.***

PAUSE (2-3 MINUTES)

MEDITATION (READ SLOWLY)

TO DWELL IN YOUR HOUSE FOREVER IS NOT JUST FOR SOMEDAY—IT IS FOR *NOW*. YOU ARE WITH ME. I AM WITH YOU. THIS IS MY LIFE. THIS IS THE PARADE. JESUS, I CHOOSE AGAIN: I WANT TO BE WITH YOU TOO. TEACH ME TO WALK WITH YOU IN EVERY MOMENT OF MY LIFE.

————— PAUSE (2 MINUTES) —————

AT-HOME ACTIVITY: CHILD-LIKE JOY RESPONSE

STAND UP
TAKE A DEEP BREATH

————— NOW HEAR THIS: —————

GOD IS NOT DISTANT.

HE IS NOT DISAPPOINTED.

HE IS NOT WITHOLDING.

HE IS FOR YOU.

HE IS WITH YOU.

NOW ASK YOURSELF:

"IF I TRULY BELIEVED THIS... HOW WOULD I RESPOND RIGHT NOW?"

AS A RESPONSE:

1. WALK SLOWLY AROUND YOUR SPACE
2. LIFT YOUR HANDS
3. SMILE
4. EVEN LAUGH, IF IT COMES
5. MOVE YOUR BODY FREELY (NO PRESSURE - JUST HONESTY)

THEN SAY OUT LOUD

"YOU ARE WITH ME."

"YOU ARE FOR ME."

"I HAVE EVERYTHING I NEED IN YOU"

FINAL STEP: CARRY IT FORWARD

ASK GOD:

"WHAT WOULD IT LOOK LIKE TO CARRY THIS INTO
TOMORROW?"

PAUSE (1 MINUTE)

REFLECTION:

1. WHAT DID I RELEASE?
2. WHAT DID GOD SAY?
3. WHAT AM I STEPPING INTO?

CORE TRUTH

HE IS WITH YOU.

AND YOU CAN BE WITH HIM.

EVERY DAY.

FOREVER.