

Effort-Surrender Imbalance

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **Effort-Surrender Imbalance** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Effort-Surrender Imbalance

KEY IDEAS

Effort-Surrender Imbalance

Navigating Responsibility & Grace

This confusion involves oscillating between passivity and control. It's the struggle to find the 'sweet spot' where we take appropriate action while surrendering the results to God.

Passivity-Control Oscillation

All or Nothing

Swinging between doing nothing ('it's all God') and trying to manage everything ('it's all me'). This creates instability and prevents the stable partnership needed for growth.

Action-Waiting Confusion

The Decision Paralysis

Struggling to know when to act and when to wait. Becoming paralyzed by the fear of stepping on God's toes or being spiritually lazy.

Responsibility Boundary Uncertainty

Whose Job Is It?

Confusion about what belongs to us (willingness, practice) vs. what belongs to God (results, timing). Feeling guilty for acting or not acting due to unclear boundaries.

Effort Intensity Fluctuation

Burnout & Neglect

Alternating between intense spiritual effort and complete neglect. Exhausting oneself with practices then abandoning them, rather than finding a sustainable rhythm.

Process Trust Difficulties

Conditional Faith

Losing faith when results aren't visible. Struggling to maintain effort when the outcome isn't guaranteed or immediate.

Collaboration Disruption

Missing the Partnership

Viewing spiritual growth as a solo project or a magic trick, rather than a collaboration. Missing the synergy where human effort meets divine grace.

Balanced Participation

The Spiritual Sweet Spot

Taking appropriate action while surrendering control of the outcome. Maintaining spiritual disciplines consistently while trusting God with the transformation.

WORKSHEET

Effort-Surrender Worksheet

Finding Spiritual Balance

IMBALANCE_MAP

Personalized Imbalance Map

Identify where you swing between extremes.

Passivity-Control Oscillation

Action-Waiting Confusion

Responsibility Boundary Uncertainty

Process Trust Difficulties

BALANCE_PLAN

Balance Action Plan

Target a specific imbalance pattern and plan steps to stabilize.

Specific Imbalance Pattern

Impact on Growth

Spiritual Action Steps

Timeline

Accountability

COLLABORATION_SYSTEM

Collaboration System

Practices to integrate personal effort with divine grace.

Daily Balance Practice

Responsibility Boundaries

Monitoring System

Consistent Rhythm
