

The Faithful Next Step Framework

A Simple Tool for Choosing
Release and Finding Peace

When Life Feels Out of Control...

Stress often grows when we try to carry responsibility that isn't ours — or avoid responsibility that is. This framework can help you clarify what's actually yours to act on, identify what you can influence, release what you can't control, and decide what requires action now and what can wait.

**You don't need to solve everything.
You just need your next faithful step.**

What I Cannot Control

- Other people's emotions
- The future
- Organizational decisions
- The economy
- Past events

What I Can Influence

- Conversations
- Team dynamics
- My child's response
- A meeting outcome
- Others' perceptions

What I Control

- My words
- My tone
- My effort
- My boundaries
- My next decision

1. Name What's Stressing You

Write down 3–7 things that feel heavy right now (be as specific as you can):

2. Sort Into the Circles

Mark each item as:

C – Control **I** – Influence **O** – Outside my control

STRESSOR	C - I - O

3. Add the Timing Filter

Now ask, "Does this require action today?" Sort your Control and Influence items into:

Act Now

What is mine to address today?

Schedule for Later

It's mine, but not urgent. Get it out of your head and on the calendar.

Release

This is not mine to control. What will be, will be.

Reflection Questions

- Where do I tend to over-control?
- Where do I tend to under-control?
- What does "appropriate responsibility" look like in this season?
- What would change if I trusted that I don't have to solve tomorrow today?

A Gentle Faith Reminder

"Give us this day our daily bread."

Peace often comes not from certainty about the future, but from faithfulness in the present and trust that God will use everything that happens in us, to us, and around us for our good (including what is not good).

KEY PASSAGES Genesis 50:20 • Matthew 6 • Romans 8:28

If this exercise feels harder than it should, or if anxiety or discouragement consistently blurs your sense of control, counseling can help.