Driver's Log

Take Back the Wheel

Every life is driven by something. This week you'll look honestly at the five drivers that try to steer you off course, one day at a time, and practice putting God back in the driver's seat. Be real. Nobody grades this but you and God.

Name _____

Check your dashboard first

How much does each driver grab your wheel right now? Check one box per row. You'll come back to this on Day 5.

Driver	Barely	Sometimes	A lot	It's driving
Guilt Past mistakes deciding my future	☐	☐	☐	☐
Anger Grudges I keep carrying	☐	☐	☐	☐
Fear Playing it safe, staying quiet	☐	☐	☐	☐
Stuff "I'll be happy when I get..."	☐	☐	☐	☐
Approval Likes, followers, fitting in	☐	☐	☐	☐

Read

Start with the verse and the real talk. About ten minutes a day.

Write

Answer the two questions. Initials or a few words are fine when it's personal.

Walk it out

Do the action step and check it off. Faith requires movement.

Memory Verse for the Week

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Isaiah 26:3 · NIV

Said it from memory: ☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5

01 DRIVER: GUILT

☐ Done

Your worst moment is not your whole story

"Therefore, there is now no condemnation for those who are in Christ Jesus." ROMANS 8:1 · NIV

Real talk. Guilt replays your mistakes until they feel like your identity. When Cain carried his guilt, his whole direction changed and he became a wanderer. God offers something better: when you come to Him, He forgives, and He still sees the best in you. A rearview mirror is for a quick look back, not for driving.

What's something you keep replaying? You don't need details. What does it make you believe about yourself?

What does Romans 8:1 say about you instead?

☐ **Walk it out:** Write down one lesson a past mistake taught you. Then pray and release the rest of it to God.

Pray it: God, I give You my past. Thank You that I am forgiven and free.

02 DRIVER: ANGER

☐ Done

They moved on. You can too.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." EPHESIANS 4:32 · NIV

Real talk. Resentment hurts you more than the person you're mad at. They've probably forgotten it and moved on while you stay stuck in it. Forgiving doesn't mean what happened was okay. It means anger doesn't get the keys anymore.

Who is hard for you to forgive right now? Initials are fine.

What would change for you if you let it go?

☐ **Walk it out:** Pray for that person by name one time this week, even if it's a short prayer.

> Forgiving someone never means staying quiet about something harmful. If someone is hurting you, tell a trusted adult.

03 DRIVER: FEAR

☐ Done

On the other side of fear is faith

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7 · NKJV

Real talk. Fear wants to shut you down and keep you quiet. Sometimes that silence is a sign there's something in you worth saying. Naming your fear takes courage, and it takes away its power. When fear shows up, pray out loud and speak the name of Jesus over it. The moments of fear get smaller the more you hand them to God.

Where does fear keep you quiet or holding back?

What's one thing you would do if fear weren't driving?

☐ **Walk it out:** Take one brave step this week: speak up, try out, sign up, or share an idea. Pray first, then go.

Pray it: God, give me the confidence and the courage to do what You've asked me to do.

04 DRIVER: STUFF

☐ Done

Your value is not your valuables

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33 · NIV

Real talk. Nice things aren't wrong, and God wants you to enjoy your life. But the newest phone, the shoes, and the brand names are temporary. Jesus said no one can serve two masters. The most valuable things in life aren't things.

Finish this honestly: "I'll be happy when I get..."

What do you have right now that money can't buy?

☐ **Walk it out:** Mute one account that makes you want more stuff, or give away something you don't need.

Pray it: God, help me keep my eyes on what lasts forever.

05 Driver: Approval

Made to stand out, not fit in

☐ Done

"Am I now trying to win the approval of human beings, or of God?" — Galatians 1:10 · NIV

Real talk. Wanting to belong is normal. The problem is when likes, followers, and going viral start making your decisions. Other people's opinions can't decide who you are. Only God's acceptance does. Never let a challenge or a dare decide what's safe for you. There's no swag like God's swag. When He works through you, you'll look like nobody else.

Whose opinion do you care about most right now? Why?

Write three things God says about who you are.

☐ **Walk it out:** Go one day without posting, or use your post to encourage someone else. Notice how it feels.

After five days · When purpose takes the wheel

Who's driving now?

Look back at your dashboard. Which driver grabbed your wheel the most this week?

What helped you tap God back into focus? (His Word, prayer, talking with Him, speaking what He says)

Jesus, take the wheel. This week I'm handing You...

SIGNED _____ DATE _____

Next session: **Tuesday, November 3, 2026, 6:30 PM ET on Zoom**. Read Day 4, "Made to Last Forever," before we meet.