

**Day 1** - All in means to commit. To commit means to do or perform. The biblical meaning of commit is to roll. Both of these definitions denote that there is action on our part. The action associated with committing is explained in the interlinear as “to roll off, or away from anyone, often followed by a verb that means to transfer what is rolled away from oneself to another, as in Psalm 37:5.

*Psalm 37:5 reads: Commit thy way unto the Lord; trust also in him; and He shall bring it to pass, which translates as “roll upon Jehovah thy way; i.e., commit all thy concerns to God.”*

Your “way,” as noted in the Scripture, is not only concerns you might have but also your manner, habit, journey, or course of life (fig.).

So, let’s put all of the above together. To be all in is to commit, and to commit is to roll something away from yourself and to another, and Psalm 37:5 confirms that we can roll our concerns, behaviors, habits, or life’s journey to the Lord.

As I think of rolling something away, I think of a friendly child’s game called Rolling the Ball. Two children, or a parent and child, sit on the floor with legs straddled and feet touching. They roll the ball back and forth to each other. That’s it, that’s the game! Although this teaches social skills of taking turns and sharing, it’s not long before the child becomes disinterested in this repetitive action. I would, too! However, my point is that there is one BIG difference between how one plays this game and what we have learned through the above-noted Scripture. The Lord will not roll what we have given Him back to us. He keeps it once we go all in with it (roll it to Him)! And as you and I trust Him with it, He is working something out to change it on our behalf!

It may seem strange, but close your eyes momentarily and imagine Jesus playing roll the ball with you. The ball represents whatever concern you might have. He tells you to roll Him the ball. At that moment, you roll the ball to Him. And you remain sitting with your arms, ready to receive the ball back. Instead, you hear Him say, “I’m not giving this back to you. I’m keeping this ball. Trust me to give you what I have prepared for you and what you need.”

What will you go all in with? In other words, what will you commit to roll away from you and to Him? Which concerns, behaviors, habits, and ways of life that are predominantly negative is your ball made of?

### **Concerns**

Family/Children

Basic needs (food, water)

Health

Finances

Employment/Unemployment

Housing

Relationships

Injustice

Safety/Security

### **Behaviors**

Gossiping  
Lying  
Cheating  
Judgmental  
Rudeness  
Arrogance  
Dishonesty

Negative thinking patterns  
Manipulation  
Disloyalty  
Narcissism  
Passivness  
Sarcasm  
Greed

### **Habits**

Smoking  
Drinking  
Nail Biting  
Not exercising  
Not saving  
Poor Diet

Sleeping too little  
Staying up too late  
Wastes time  
Too much television  
Out of control spending  
Too much social media

### **Negative Ways/thoughts of life**

Anger  
Sadness  
Jealousy  
Envy  
Perfection  
Overgeneralization  
Picking out and focusing on negative details  
Ignoring positive life experiences  
Jumping to conclusions

Jumping to conclusions  
Self-Blame  
Hopeless  
Helpless  
Apathetic  
Defeated  
Feeling worthless  
Feeling unlovable  
Undeserving

Whew! Let's go all in, rolling any of these things away from us and to the Lord!

### **Prayer**

Lord, I roll this concern(s), behavior(s), habit(s), and way(s) of life that is not good for me from myself, and I roll it to you. I trust you with it. Now, in its place, give me what I need. In Jesus' name. Amen.

Now, believe and rejoice that your prayer has been heard and answered!