

Prayer of Relinquishment*

Before Beginning:

1. Go to a quiet place and in prayer, ask the Holy Spirit to help you identify situations in your life that are causing you worry or fear. Pay attention to situations you have been praying about for a long time.
2. Write down in your journal the situations that come to mind. Keep listing until you have 8 to 10.
3. Ask the Holy Spirit to show you which one he wants you to start with and mark it in your journal.

Step One: in prayer admit to God that what you fear most might happen.

Why is this step important?

When we force ourselves to face our fear, remembering that God is all powerful, we put ourselves in a position to start experiencing true relief.

Step two: In prayer place the situation in God's hands. This doesn't mean you have to stop asking God to work it out. Sometimes closing your eyes and visualizing yourself actually putting the person or the situation into God's hands is helpful.

Why is this step important?

In Luke 22:40 we see Jesus placing his situation in God's hands: "Father, if you are willing, take this cup from me; yet not my will, but yours be done".

Step Three: In prayer tell God that you will accept whatever he allows to happen. This doesn't mean resignation, it means trusting that God's decision will be right.

Why is the step important?

Our acceptance demonstrates trust in God and leaves the door open for him to do great things.

Step Four: In prayer acknowledge that his plans are always better than yours.

Why is the step important?

In Isaiah 55:8 - 9, we are told that God's plans are better than our own: "for my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts".

*Lewis, M., Franks, J. & Beer, B. (2015). *Essential Practices of the Faith*. 72-76. SDG Publishing.

