

Letting Go...

There is a element of prayer that most seamlessly overlook and it is the very foundation of which prayer is built...Surrender, abandonment, giving it all to God. To pray, one must surrender in order to allow God to answer our prayer; we must give God our hearts so that He may work His wonder through our prayer. Even the simplest and most scattered prayers require us, by the very nature of prayer, to surrender.

“Let Go And Let God”

So many times we do not think that God hears our prayers, because we never see any results. The reason being, that we don't fully open our hearts and surrender with utter abandonment to our prayer and that God will answer it! Surrender is a part of prayer, but to abandon one's self to prayer, you must let go of everything, to relinquish all control and surrender all emotion and desires to God.

“Trust in the Lord with all your heart; on your own intelligence do not rely” Proverbs 3:5

Letting go of everything that we love, enjoy, resent and rely on, is the hardest thing for us to do. It leaves us feeling raw and vulnerable, and helpless without any control. And it is here in this state that God has control; He has the power to care for us in a way that we cannot care for ourselves. Here is where God can work His wonders through our prayers, where He can strengthen us and hold us in His love.

“If God is for us, who can be against us?” Romans 8:31

In control, we find comfort in a false reality that is darkness, darkness that hides our hearts from God's light. It's never easy to trust someone, because we never know if they will betray that trust. So why is it hard to trust in God, who will never harm or forsake us, but rather love and care for us beyond all comprehension? We tend to equate what we experience with other humans to our experience with God...

“Be still and know that I am God.” Psalm 46:11

Jesus,

there is so much in this world that I seek to control and that controls me. Help me to break free from that which controls me and let go of what I seek to control. My sins are heavy, many I have carried around for what seems like a lifetime. In a way they have become a part of me, of who I am...but they do not have to be; my sins, worries, angers, regrets and sorrows, do not have to become who I am...Your love is who I am, for I was created in that love and with that love you send me into the world to share it with all. May this prayer enable me to surrender all to You and let go of all that is NOT ME for all that is ME. May this my prayer ever resound within my heart, and reassure my trust in You.

Amen