

# Surrender

a soul care guide

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The Spirit of God daily invites and empowers us to cooperate with the winds of deeper **transformation blowing through the expanse of our souls**. As you introduce the spiritual practice of Surrender to others, you offer them an invitation to interior freedom.

As we practice surrender to God, whose purposes cannot be thwarted (Isaiah 14:27) and whose plans are “for good and not evil, to give us a future and a hope.” (Jeremiah 29:11), it is possible to journey forward enjoying the interior freedom found in having the heartbeat of “on earth **as it is in Heaven**.”

Recognizing resistance is a gift; it tells us something really important. Remind one another that sometimes we just need to recognize the need for surrender and **let Him solve the resistance**.

Encourage your group to journal throughout this practice. Invite your group to follow you into God’s presence by being quiet - turning everything off. Then move slowly (pause often to ponder and pray) through these steps:

**Recognize** my current posture of resistance – Am I braced, heels dug in, obstinately crouched in a defensive, fighting stance? “God, will You show me why I feel resistance?”

**Remember** who God is and who I am – “Will You remind me that You are infinite in wisdom, love, and power, and that I am finite?”

**Request** a change of heart – “Will You ‘create in me a clean heart and renew a right spirit in me?’ (Psalm 51:10) I invite You to do the work of transformation.”

**Recall** His goodness – “Will You bring to my mind specific examples of how You have already fulfilled, ‘No good thing will He withhold.’” (Psalm 84:11)

**Release** – “Please, Lord, take from me anything that keeps me from saying, ‘Not my will, but Thine be done.’”

**Rest** in the Holy Spirit’s transforming work and delight in God’s delighting in me.

“For the LORD Almighty has purposed, and who can thwart him?  
His hand is stretched out, and who can turn it back?”  
Isaiah 14:27 (NIV)

