

Surrender

By Suzan Myhre, MSSW

“Lord grant me the serenity to accept the things I cannot change...” This is the opening line of one of my favorite prayers—the “Serenity Prayer.” When I think of serenity, I see a very peaceful field. Full of sunshine and butterflies, this field is quiet and not encumbered by life’s demands or pressures. It is relaxing and not worrisome. This “field of serenity” is achieved when I let go and accept the way things are—not the way I wish they could be. Serenity comes when we surrender. Another way to describe “surrender” is “letting go.”

Surrender opens up our hearts to what God has in store. It acknowledges His sovereignty and His majesty. Surrender says to fear--FLEE! When we surrender, trusting God is necessary because otherwise the threat of being harmed could prevent us from letting go. Surrender acknowledges the vulnerability that I feel in a situation, and my need to turn to find help from God. In surrender, I find release from the relenting pursuit of a solution that is beyond my grasp. The flesh finally halts. The flesh rests.

Surrender makes it possible for something new to begin. This new thing is only possible by the spirit of God. Our total focus at the point of surrender is right where it needs to be--on the saving and redeeming power of God.

*Behold, I am doing a new thing!
Now it springs up; do you not perceive it?
I make a way in the desert and streams in the wasteland.
Isaiah 43:19*

Melody Beattie in her book “The Language of Letting Go” writes: *We are all in our present circumstances for a reason. There is a lesson, a valuable lesson, that must be learned before we can go forward. Something important is being worked out in us and in those around us. We may not be able to identify it today, but we can know that it is important. We can know it is good.* That lesson may be the act of surrender itself.

There is a true sense of freedom in surrender. I myself have come to embrace the beauty of surrendering each day into the hands of my best friend and savior Jesus Christ. I find it truly comforting to know that He has a plan for every detail of my day. I can rest in the fact that all of these details, whether hard or easy, will be used together for the good of His kingdom and the good of my own heart which ultimately belongs to Him. We all belong to Him. Say it with me; we belong to Jesus. Our spouses belong to Jesus. Our children belong to Jesus. Our mothers and step-mothers belong to Jesus. Our dads and step-dads belong to Jesus. Our nieces, nephews, aunts, uncles and cousins all belong to Jesus. Our loved ones are His loved ones. Our days are His days. Our trials and burdens are His trials and burdens, and our joys, hopes and dreams are His joys, hopes, and dreams. He is our life. We belong to Jesus. Free your heart into the arms of Jesus and you will find hope, comfort, rest and freedom!

If you are not sure how to surrender or if you absolutely shudder at the idea, talk to Him about it. Cry about it. Express your doubt. God has very big shoulders. He can listen and understand. He will hold you close. Allow Him.

*I can do all things through Christ who strengthens me.
Phillipians 4:13*

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