

Prayer 5: Surrendering to God's plan

To begin

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Centre yourself now in silence. Take five deep breaths in and out. Allow your mind to become a little quieter. Put everything except this prayer away from you. Give yourself a few minutes of stillness to calm yourself before you begin. Become aware of God's Spirit with you inspiring you in your prayer.

My prayer today

In the spiritual sense, surrender is not the same as admitting defeat. It's saying, 'I can't do this on my own'. Surrendering spiritually means to recognise that we are all in God's hands and that God is in charge. This is not the same as saying God caused the coronavirus. This is also not the same as saying that God wills human suffering. We are God's beloved sons and daughters gifted with free will. We are not puppets or playthings. But we acknowledge with humility that God is in charge and that God wants only what is good for us. Sit for a moment with the profound complexity, the deep mystery of this spiritual truth. What does that feel like? How am I reacting? I acknowledge my reactions and accept them, bringing them to God in this prayer as I say,

Lord, I bring you my worries and my anxieties and lay them at your feet.

This is not what I had expected for this time in my life, this is not what any of us expected.

I have so many questions because there is so much I don't understand, so much I can't understand.

When I look into the future, I am frightened, but why plunge into the future?

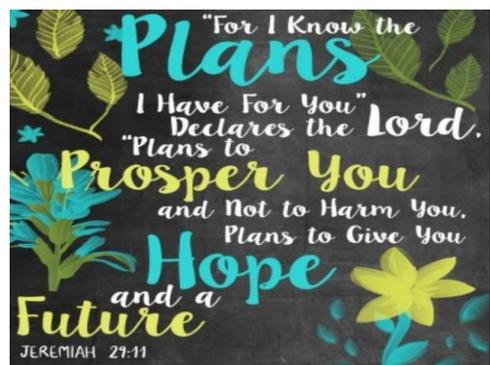
Only the present moment is precious to me.

It is no longer in my power, to change, correct or add to the past, and I do not know what the future holds. O present moment, you belong to me, whole and entire. I desire to use you as best I can.

And so trusting in Your mercy God, I walk through life like a little child, offering you today my heart and all that I do for your greater glory. Amen (Adapted, St Faustina)

A word from scripture

Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.



Before you conclude, you might like to sit with this hymn, called *Footprints in the Sand* (Leona Lewis) <https://www.youtube.com/watch?v=7vSjqpBHxdc>

To conclude

Pray these or words of your own in response to today's prayer.

- Lord I simply sit in silence, in awe at your love for me and for my family and friends. Help me always to trust in that love.
- Lord, you are carrying me in love through these days. Help me to be brave because of this great love.
- Lord, surrendering to your love doesn't mean I give up on my hopes and my dreams. Help me to hold fast to what it is I know you want for me in my life. Help me to be resolute in my efforts knowing you are walking with me in all that I do.

Conclude by saying slowly the Our Father.... .. and by blessing yourself, In the Name of the Father, and of the Son and of the Holy Spirit. AMEN

