

Prayer of Surrender

God, I want.
(Fill in the blank with what you desire).

I know it is hard for me to let go. I want to be in control and it is scary not to be. My body is tense and I'm worried (or have anger, fear, hurt, or whatever emotion you are experiencing in the moment) that I'm not going to get what I want.

I let go and surrender my desire for control over this situation. I cannot control:
(list the things that are obstacles or challenges that you can't control)

I let go of my demand on how this turns out. I surrender my desire for power over these things to you.

I surrender my desire for affirmation and approval. I want:
(list what you want).

I let go of my desires and outcomes.

I choose to trust you for my value and worth.

I surrender my desire for security and comfort. I don't know what will happen but I trust you love me and want the very best for me, even though I may not understand it right now. I know you are in control.

