

## *The* **LORD'S PRAYER**

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Our *Father* who is in *heaven*,  
hallowed be Your name.  
Your *kingdom* come; Your *will* be done  
on earth, as it is in heaven.  
Give us this day our *daily bread*.  
And *forgive us* our debts,  
as we forgive our debtors.  
And lead us not into temptation,  
but *deliver us* from evil.  
For Yours is the kingdom and the power  
and the glory *forever*.  
Amen.

MATTHEW 6:9-13 MEV



# The Prayer of **SURRENDER**

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There are things in life you just can't change—uncontrollable circumstances, uncooperative people, and unexplainable pain. You may look for solutions and explanations. You may fight and resist.

But what you really need to do is *surrender* to God. It's the only pathway to peace.

You can do this by praying what I call "The Prayer of Surrender." It's a simple phrase: "*Thy kingdom come. Thy will be done in earth, as it is in heaven*" (Matthew 6:10 KJV).

Why pray this prayer? Because God's will is rarely "*done in earth, as it is in heaven.*" When something bad happens, people often say, "It must be God's will." But God's will is not sinful. God's will is not about people making poor decisions. That's your will and my will. But God's will is always perfect.

So, then, what happens when you surrender to God? You give to God all the things you can't change—and he gives you the power to make four stress-busting choices:

- 1. LET GO OF CONTROL.** No matter what you face this week, next month, or next year, God says to you, "*Let go of your concerns! Then you will know that I am God. I rule the nations. I rule the earth*" (Psalm 46:10 GW). When you let go and know that God is in control, and you stop trying to figure it all out, you've taken the first step to inner peace.
- 2. LEARN TO BE CONTENT.** By nature, we are not contented people. It's something we have to learn. Paul says in Philippians 4:11, "*I have learned to be content whatever the circumstances*" (NIV). Learning to be happy and joyful with the stuff we don't understand is a mark of emotional and spiritual maturity. Immature people are never content with anything, and their discontent robs them of peace. The good news is, contentment is possible when you tap into Christ's power.
- 3. LAY DOWN YOUR PLANS.** Have you ever noticed how quickly problems can detour your plans? Sabotaged plans are a fact of life. That's why you have to lay them down, and "*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need*" (Matthew 6:33 NLT).
- 4. LEAVE THE FUTURE TO GOD.** Surrendering to God means you decide in advance to leave the results of your life up to him. You choose to listen to what he thinks is best—not what you think is best. And when you acknowledge him in every area of your life and say, "This is your area, Lord," he promises to "*make your paths straight*" (Proverbs 3:6 NIV).