

IN A NUTSHELL

PRAYER OF LETTING GO is noticing something you are holding on to -- something that is preventing God from having room to help you in unexpected ways in that area of your life - and then letting go of control in order to make room for grace, love, gift.

good for

- ✓ *developing resilience and peace in troubling situations*
- ✓ *opening your eyes to God's abundance and generosity all around you*
- ✓ *developing a healthy detachment from insecure things*
- ✓ *setting you free to love and give to others without fear*
- ✓ *redirecting a self-centered will*

tell me more...

When we are under stress, we sometimes believe that our own strength and determination are the only resources we can count on. Our culture honors self-reliance. However, sometimes that self-reliance can make us shut God out, just when he has a new kind of gift to bring us.

Prayer of Letting Go helps us make room for God's unexpected grace and love again. It opens our eyes, so we can see God's generosity all around us.

If we hold on to something other than God for security, we will continue to feel anxious, insecure, fearful, indignant, or abandoned. But releasing those things to God and putting the weight of our trust on Him opens us up to His gifts of love, which benefit us much more than the benefits of what we have released.

We tend to hold on to what we think gives us some safety and security in this world. In His love, God gives us what makes us truly safe and secure for eternity. We seek to avoid pain and loss, but fully trusting God gives us such inner resilience that we no longer need to.

GOOD TO KNOW

➔ Prayer of Letting Go is not about letting things go into chaos or oblivion. You are specifically entrusting them to God and seeking to follow His guidance. So this is not a prayer of resignation but of humble relinquishing into infinitely capable hands.

➔ God does not want to take away our security. He wants to deepen it, by helping us let go of innately insecure things. He wants us to find our security in Him directly.

TRY IT YOURSELF

~ 20 minutes total*

**Suggested duration. Feel free to go at your own pace.*

prepare (~ 5 minutes)

Find a comfortable, undistracted place to sit. You may wish to locate a journal or drawing pad if you would like to write or draw more than the space provided.

Take a couple of slow, deep breaths. Notice if any part of your body feels tense. Breathe in, and notice where the tension is, breathe out and gently release it, adjusting your posture as necessary. Repeat for each place of tension you feel in your body/face.

Now just let yourself breathe naturally for a minute or so. Notice the quality of your breathing. Is it deep or shallow? Are you controlling/holding your breath, or does it just happen automatically? We will return to noticing your breathing later. But if you are able to let go of control over your breathing, that is a positive first step in the Prayer of Letting Go.

Open with a brief prayer, asking God to help you connect with Him in a fresh way today.

practice (~ 15 minutes)

n o t i c i n g (*about 10 minutes*)

Make fists with both hands and consider: What in your life you are holding on to in a "tightfisted" way? It would be something you feel you need in order for life to be going right. What comes to mind first? Perhaps a

possession, an opportunity, your reputation, a relationship, a role, acceptance by a certain group, anger, a goal/expectation? If you wish, write down or draw what comes to mind.

Make your fists tight again, and imagine what might happen if you were to lose what you're holding on to. How does your body react? Your stomach, your heart, your face, your shoulders? And what emotions do you feel?

Fear	Dread	Anger
Uncertainty	Curiosity	Hope
Relief	Nervousness	Shame
Contempt	Confusion	Anxiety
Sadness	Other	

Now turn your thoughts toward God, who is here with you now. God is:

Unlimited redemptive power	
Perfect goodness	Ceaseless love
Ultimate justice	Boundless wisdom
Unfailing faithfulness	

Which quality of God jumps out at you today? Do any of them make you feel relieved?

Are any of these qualities difficult for you to believe? If so, pray/journal about this. Tell God what is hard for you to believe about Him, and why. Be open and honest with God about any thoughts or feelings surfacing.

Now focus once again on your breathing. Observe whether your breathing changes when you focus on that quality of God most meaningful to you today.

continued, over

r e l e a s i n g (~ 3 minutes)

With open hands, as you focus on that quality of God that is meaningful for you today, release what you have been holding into God's care. For example, "I release my reputation into your care, and trust your boundless wisdom to guide me" or "I release this relationship into your care, and I ask for your ceaseless love to fill both of our needs."

r e f l e c t i n g (~ 2 minutes)

With hands open, return once again to your breathing. Let yourself just relax for a few moments and contemplate God's fullness.

If you have felt a sense of release as a result of this Prayer of Letting Go, what kind of freedom do you now have? What is God revealing to you about how to move forward from here?

Close by saying, writing, drawing or thinking any words or images of thanks and praise that come to mind.

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Flexible Soul Guides 20-Minute Devotional Version

Prayer of Letting Go

by Jess Mason, M.Div.



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Institute for Women's Spiritual Life

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