

Glenn Harmon Ministries
Email: apostlesforjesus@yahoo.com
Website: harmonministries.org

5 Step Process to Surrender

Throughout our lives, our Lord asks us to surrender certain things.

He doesn't do this for His benefit but for ours. He knows that if we will, we will truly find the peace and freedom we desire.

Over my life I have made the decision to surrender many things to my Lord. Regret, guilt, shame, fear, anger, sin, bitterness, resentment, unforgiveness, and the list goes on and on.

Surrender is not easy. Many people see surrender as a sign of weakness. But when it involves God and us, surrender is a sign of strength and obedience. For over 30 years, I have used a process to let go and give it to God. IT WORKS!

I share it with you with the hope that you will use it to gain the abundant life that our Lord wants for you.

- 1) Come to an acceptance and understanding that you have things to surrender.**

People who might be considered "perfectionists" or people who like to be "in control", find this a very difficult step.

- 2) Name them. (Make a list).**

- 3) Begin to imagine what your life would be like if you were not carrying these things around every day.**

The peace, joy, hope, love and freedom you would begin to experience.

- 4) At this point in your life, why are you not letting them go?**

This is the most difficult step for most people. Quite often a good spiritual Director is needed to help them "peel the onion" to uncover the reason(s).

- 5) Let it go and surrender it to God.**

DO YOU WANT TO FAST THIS LENT?

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

HAVE A BLESSED AND HOLY LENT!!