

“SPIRITUAL SURRENDER: How to Be Okay When You’re Not Okay”

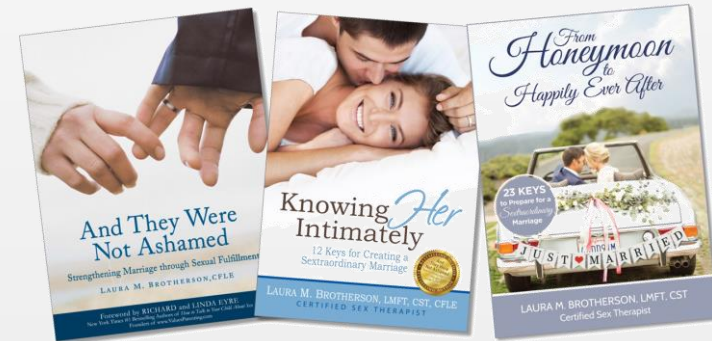
Laura M. Brotherson, LMFT, CST
StrengtheningMarriage.com



Hope and Healing in Christ Workshop
Saturday, March 14, 2020 – Eagle, Idaho

ABOUT – Laura M. Brotherson, LMFT, CST, CFLE

- Licensed Marriage and Family Therapist (LMFT)
- Certified Sex Therapist (CST)
- Certified Family Life Educator (CFLE)
- Author - *And They Were Not Ashamed: Strengthening Marriage through Sexual Fulfillment*
- Author - *Knowing Her Intimately: 12 Keys for Creating a Sextraordinary Marriage*
- Author – *From Honeymoon to Happily Ever After: 23 Keys to Prepare for a Sextraordinary Marriage*
- Counselor and Owner – The Marital Intimacy Institute (Provo, UT) – specialties: healthy sexuality, sex therapy, compulsive sexuality recovery
- Providing Education: KSL Television contributor, Couples Cruises, Articles, Radio and Television broadcasts, Presenting at Confs and Workshops, “Straight Talk about Strengthening Marriage” Newsletter
- Married for 29 years to Kevin; three grown children
- Founder of StrengtheningMarriage.com—*your trusted resource for education, products and services to strengthen marriages ... intimately!*



ADDITIONAL RESOURCES

Resources I'll Send You:

1. PDF of this PowerPoint
2. Active Addiction Recovery handout
3. Accountability Partner info
4. Toolbox for Beating Compulsive Behaviors
5. Healthy Habits Worksheet
6. Effects of Pornography on Intimate Relationships handout
7. 7 Steps of Spiritual Surrender
8. *Loving What Is* Resources
9. Keys to Develop a More Personal and Profound Relationship with God
10. Characteristics of Healthy and Unhealthy Sexuality
11. "Why I Love the 12 Steps...for Everyone!" article

7 Steps of Spiritual Surrender

PURPOSES of Spiritual Surrender

- The purpose of the surrender process is to turn your life and your will over to the Lord.
- *Without* submission you are left to your own limited devices in overcoming your weaknesses and challenges.
- *With* submission you invite the atoning power of Christ into your life to make so much more of you and your life than you could on your own.
- This powerful process can also help you make peace with people or circumstances you can't change, trials you are having, or compulsive behaviors in yourself (or others) over which you feel powerless.
- It's how you can actually be okay when you're *not* okay. It's how you can be okay with what *is*.

**Those who turn
their lives over
to God will
discover that
He can make a
lot more out of
their lives than
they can.**

—Ezra Taft Benson

WHY SURRENDER?

- To practice letting go and letting God.
- To let go of things you can't control anyway.
- To free yourself from your fears.
- To develop greater faith and trust in the Lord, His will, His timing and His gift of agency to all.

WHY DO SURRENDER?

Mosiah 3:19 – “For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.”

ARE YOU WILLING TO SUBMIT?

Helaman 5:12 – “...remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.

WHY DO SURRENDER?

“

**What you resist, persists.
What you fight you get
more of. What you
embrace, dissolves.**

”

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“ If you are resisting something, you are feeding it. Any energy you fight, you are feeding. If you are pushing something away, you are inviting it to stay. ”

— MICHAEL SINGER

AGENCY & SUBMISSION OF WILL

“Perhaps the greatest discovery of my life, without question the greatest commitment, came when finally I had the confidence in God that I would loan or yield my agency to him— without compulsion or pressure, without any duress, as a single individual alone, by myself, no counterfeiting, nothing expected other than the privilege. In a sense, speaking figuratively, to take one’s agency, that precious gift which the scriptures make plain is essential to life itself, and say, ‘I will do as you direct,’ is afterward to learn that in so doing you possess it all the more.”

(~President Boyd K. Packer, “Obedience,” Brigham Young University Speeches of the Year [Dec. 7, 1971], 4)

“The submission of one’s will is really the only uniquely personal thing we have to place on God’s altar. It is a hard doctrine, but it is true. The many other things we give to God, however nice that may be of us, are actually things He has already given us, and He has loaned them to us. But when we begin to submit ourselves by letting our wills be swallowed up in God’s will, then we are really giving something to Him.”

(Elder Neal A. Maxwell, “Insights from My Life,” *Ensign*, Aug. 2000, 9)

OVERVIEW – 7 Steps Spiritual Surrender

1. **CONTROL/POWERLESSNESS** -- Identify where you have power and where you don't.
2. **WORST CASE SCENARIO** -- Make friends with your worst fear/worst case scenario.
3. **LET GO** -- Let go of emotional attachment to a specific outcome.
4. **GRIEVE** -- You may need to grieve the loss of it, in order to let go of needing a certain outcome.
5. **ACCEPT & TRUST GOD** -- Accept *what is* and trust God's divine purposes and timing in all things.
6. **BELIEVE** -- Continue to absolutely believe in your desired outcome--just let go of attachment to it.
7. **SURRENDER** -- Surrender the situation to God and let Him do His divine work with you!

HOW TO SURRENDER

Step 1 - Identify Sphere of Control/ Accept Powerlessness

- Identify where you have power to influence and where you don't—whether regarding other people, or circumstances, or over your own "thorns of the flesh."
- Acknowledge where your agency ends, and someone else's agency exceeds yours. You can't violate another person's agency or force your will upon God. You can't force or control others without being manipulative.
- Make peace with your powerlessness and recognize your utter dependence on God. Accepting your powerlessness sends you directly into the arms of God where you are empowered (see 2 Cor 12:10) –

"I cannot, but God can."

HOW TO SURRENDER

Step 1 - Identify Sphere of Control/ Accept Powerlessness

- Don't spend your time and energy where you have no power. Surrender allows you to stop "messing with other peoples' agency."
- Practice the "**Serenity Prayer**"

*God grant me the serenity to accept the things
I cannot change; courage to change the things
I can; and wisdom to know the difference.*

HOW TO SURRENDER

Step 2 – Make Friends w/ Worst Case Scenario

- Figure out your greatest fear or worst-case scenario of the situation and mentally figure out how to be okay with that possibility and make friends with it—no matter how terrible or wrong it may seem.
- It's the "But if not" principle (see Daniel 3:18) of determining to be okay no matter what!
- You accomplish this by partnering with the Lord in a more personal and profound way than you ever have before...

HOW TO SURRENDER

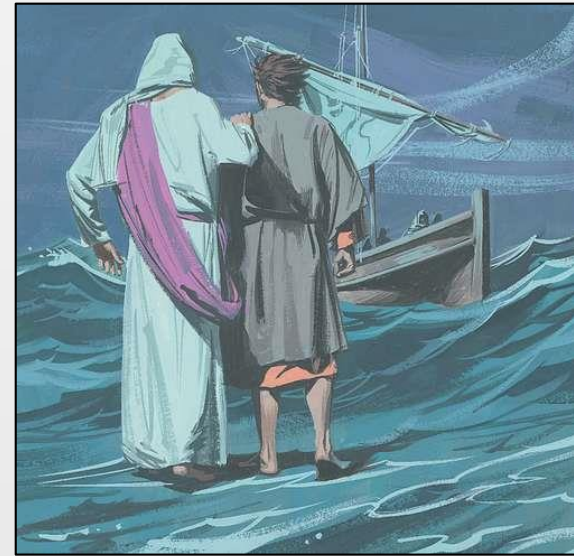
Step 2 – Make Friends w/ Worst Case Scenario

Partnering with God in a More Personal / Profound Way

1. **Constant/Conscious Contact with God –**

Be engaged in a constant conversation with God in your heart and mind as if He were your best friend and confidante:

- *"I'm listening..."*
- *"I need Thee, oh I need Thee..."*
- *"Lead me, guide me, walk beside me..."*
- *"Not my will but Thine be done..."*
- *"I accept what is...it's perfect"*
- *"I trust thee and thy timing..."*
- *"What would You have me learn?"*
- *"What would You have me do?"*



2. Written Conversations with God – You might think of these written conversations as more profound, meaningful and personal “written prayers.”

3. Daily Meditation

4. Daily Repentance

HOW TO SURRENDER

Step 2 – Make Friends w/ Worst Case Scenario

- When you make peace with your fears, they are then less likely to show up.
- When you become okay with your worst-case scenario, you are no longer enslaved by a particular outcome or fear because you truly are okay with any outcome. This releases you from inadvertently helping to create the undesirable outcome because you no longer have negative emotion going towards it, which feeds it.
- Making friends with your worst-case scenario is how you get rid of fear in your life.

HOW TO SURRENDER

Step 3 – Let Go of Attachment

- Letting go of emotional attachment is letting go of unhealthy control. When you are emotionally attached to an outcome or need a certain outcome, you actually contribute to keeping it from showing up. You are, in essence, “messing with someone else’s agency.”
- It is human nature to resist pressure or persuasion. So, trying to control things or needing a certain outcome generally makes others resistant or defensive, and invites them to simply put blame on you for something (like pressuring them) -- keeping them from fully owning and experiencing their own issues.
- Letting go of attachment to a certain outcome, letting go of certain expectations, letting go of resistance, or letting go of the need to direct or control things not only reduces relationship disturbances, but also increases the chances of ultimately bringing about the very outcome you desire.
- Letting go of your attachment is akin to putting yourself in a state of surrender and unconditional love. If you want another to truly give freely from their heart, you must let go or they can't give freely...they will only be able to give out of duty or guilt because they can feel you need it so badly.

HOW TO SURRENDER

Step 4 – Grieve the Loss

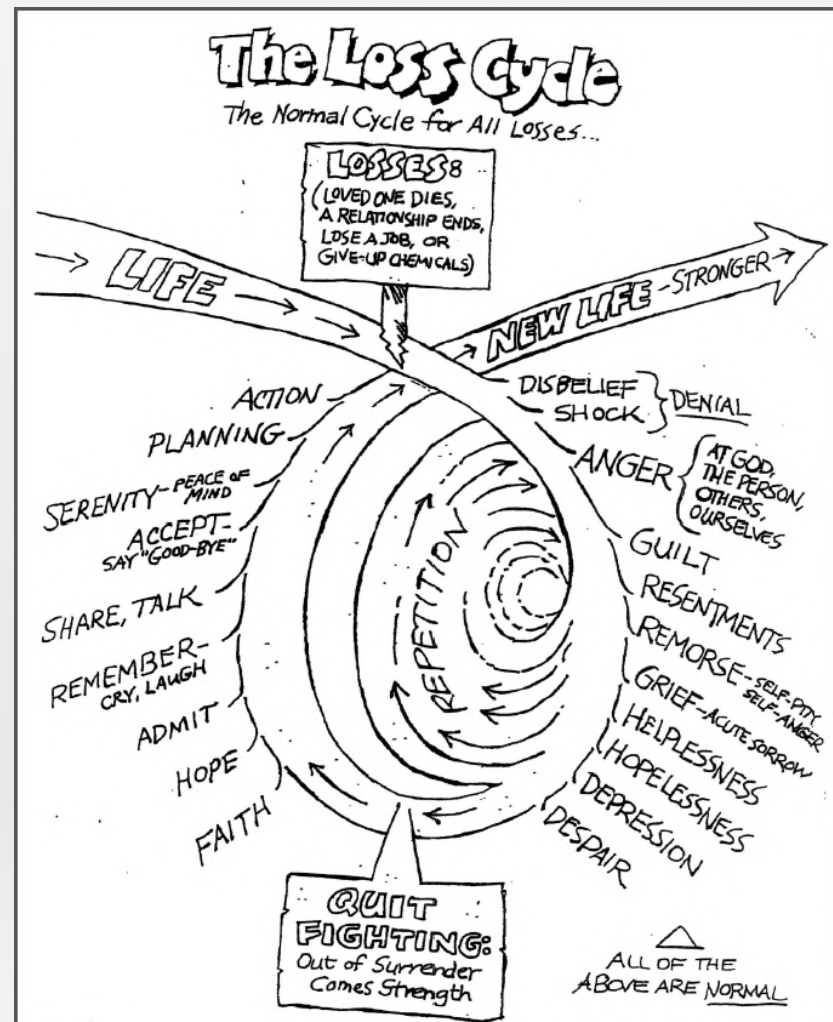
- Sometimes before you can fully let go of something and turn it over to God, you have to give yourself permission to feel and grieve the loss.
- The five basic stages of grief include:
1) Denial / Shock, 2) Anger, 3) Bargaining, 4) Depression / Withdrawal, and 5) Acceptance / Reorganization
- Sometimes it's a physical loss, like losing a spouse, or a family member to death, or it can be grieving the loss of an expectation of your hopes and dreams (e.g. expecting a certain kind of marriage relationship, or a particular answer to your prayers, or to overcome a particular challenge or weakness).

HOW TO SURRENDER

Step 4 – Grieve the Loss

- To grieve something, you must work to truly make peace with NOT having the thing you had wanted.
- To help with the grieving process review "The Loss Cycle" diagram. Do some free writing/"process writing" on anything that comes to mind with each part of the cycle:

- Disbelief/Denial/Shock
- Anger
- Guilt
- Resentment
- Remorse/Self-Pity/Self-Anger
- Grief/Sorrow
- Helplessness
- Hopelessness
- Depression
- Despair,
- Bargaining, etc.



HOW TO SURRENDER

Step 5 – Accept and Trust God

- When you truly let go and trust in God, you stop fighting and begin to relax into a state of peace and acceptance of *what is*. Surrender is being okay with "what is."
- To truly let go, you must trust God, and know that He is aware, in charge, and has a plan or purpose for ALL things, and that everything will work out somehow.
- Acceptance with trust in God is different than hopelessness or resignation. It's trusting as you "give in" to God's will rather than "giving up" into hopelessness.

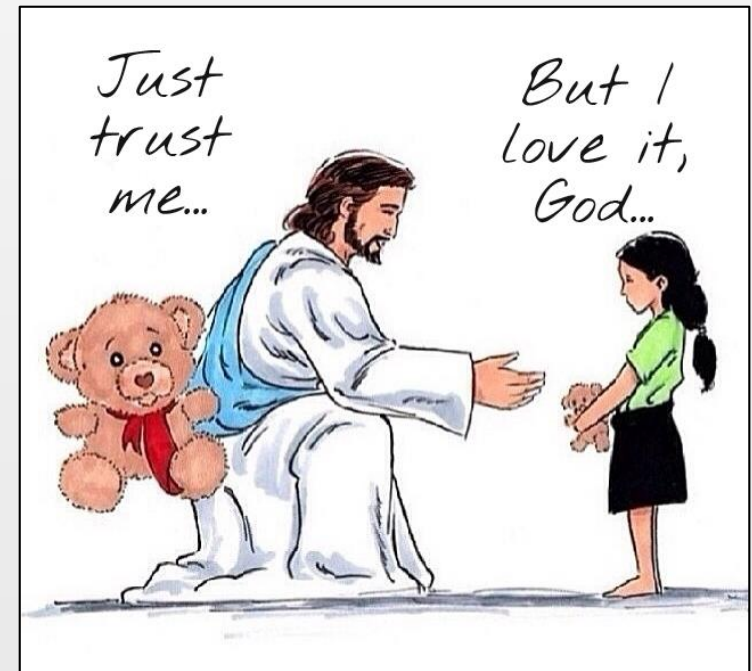
“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

(Proverbs 3:5-6)

HOW TO SURRENDER

Step 5 – Accept and Trust God

- God's wisdom is greater than ours and His timing is better than ours as well. We can trust in God and His timing. Know that God can turn even "bad" things into good (see Genesis 50:20).
- I like to remember that God always has something better in store for us than we could even create for ourselves.
- Are you willing to submit to **all** things the Lord may see fit to "inflict" upon you (see Mosiah 3:19) or allow to happen to you? God is the "backup plan" that you can count on—no matter what!



HOW TO SURRENDER

Step 5 – Accept and Trust God

SCRIPTURES – *Trusting God*

- **Proverbs 3:5-6** - “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”
- **1 Nephi 9:6** – “But the Lord knoweth all things from the beginning; wherefore, he prepareth a way to accomplish all his works among the children of men; for behold, he hath all power unto the fulfilling of all his words.”
- **Isaiah 55:8-9** – “For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”
- **John 13:7** – “Jesus answered and said unto him, What I do thou knowest [/understand] not now; but thou shalt know hereafter.”
- **2 Nephi 26:24** - He doeth not anything save it be for the benefit of the world; for he loveth the world, even that he layeth down his own life that he may draw all men unto him.



HOW TO SURRENDER

Step 5 – Accept and Trust God

- Consider these additional concepts:
 - *God Stories...*
 - *Divine Purposes...*
 - *Gift of Crisis...*

God Stories

- To help you trust God and do surrender try to think of “God Stories” or reasons why the Lord might be doing something or letting something happen.
- *What might you be able to learn or develop because of this experience?*

HOW TO SURRENDER

Step 5 – Accept and Trust God

Divine Purposes

- Trust God's divine purposes—His refining process. What if in God's wisdom He wants you to go through whatever you're experiencing, so that you can put off the "natural man" and develop vital Christ-like characteristics, such as:
 - patience
 - faith
 - humility
 - compassion, or
 - submission to Him?
- When we surrender to Him, we can know that He can do more with us and make more of our lives than we could make of ourselves.
- Know that He loves you (and any other people involved) and will somehow make something good out of even the worst of situations and circumstances (see D&C 122:7; 2 Nephi 2:2; D&C 105:40; Romans 8:28).
- Know that even in the midst of your challenges, God has an eternal compensating reward, and that His grace is sufficient (see 2 Corinthians 12:9).

HOW TO SURRENDER

Step 5 – Accept and Trust God

Divine Purposes

“We know from the scriptures that some trials are for our good and are suited for our own personal development.”

(~Elder Quentin R. Cook, “Hope Ya Know, We Had a Hard Time,” *Ensign*, Oct 2008)

“No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our character, purifies our heart, expands our soul, and makes us more tender and charitable, more worthy to be called the children of God ... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven.”

(~Orson F. Whitney)

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

(~Dr. Elisabeth Kübler-Ross, *Death: The Final Stage of Growth*, 1975)

HOW TO SURRENDER

Step 5 – Accept and Trust God

GOD USES ALL THE
PROBLEMS AND
CHALLENGES OF LIFE FOR
DIVINE PURPOSES

SUNDAY ADELAJA

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SCRIPTURES – *Divine Purposes*

- **D&C 122:7** – “know thou, my son, that all these things shall give thee experience, and shall be for thy good.”
- **Genesis 50:20** – “ye thought [/meant] evil against me; but God meant it unto good.”
- **2 Nephi 2:2** – “thou knowest the greatness of God; and he shall consecrate thine afflictions for thy gain.”
- **D&C 105:40** – “all things shall work together for your good.”
- **Romans 8:28** – “and we know that all things work together for good to them that love God.”

HOW TO SURRENDER

Step 5 – Accept and Trust God

Gift of Crisis

Sometimes the challenges you are facing are actually a "rock bottom" or a "gift of crisis" for you to finally have the will, desire or motivation to learn important lessons, develop new skills, or make important changes in your life that you may not have been willing to do without this "gift of crisis."

HOW TO SURRENDER

Step 6 – Believe

- Continue to absolutely believe in your desired outcome but let go of any expectations or any emotional attachment to an outcome. Totally believe but be totally okay if it doesn't happen. Your faith needs to out-endure the circumstances... for as long as it takes! Hope and faith is believing you'll receive your desired outcome--OR SOMETHING EVEN BETTER!
- It is your faith alone that may be the "assurance" to support your desired belief (see Hebrews 11:1). *Faith* is the "evidence" or "proof" even when you may have a bunch of evidence to the contrary.
- This step of believing and even "assuming awesomeness" is vital to the surrender process and keeps you in a hopeful/faith-filled state rather than the easier *hopeless* state of "giving up."
- Rather than Surrender feeling "hopeless," it is very hopeful. The objective here is to THRIVE regardless of the outcome!

“I totally believe, but totally don’t need!”

HOW TO SURRENDER

Step 6 – Believe

**Submission w/out faith =
HOPELESSNESS / RESIGNATION**

**Submission with faith =
SPIRITUAL SURRENDER & PEACE**

HOW TO SURRENDER

Step 7 – Formally Surrender to God

Using the simple Surrender Prayer below go through each item or issue you want to let go of and verbally turn it over to the Lord for Him to take care of it from here.

SURRENDER PRAYER

Dear God,

- *I humbly acknowledge my utter powerlessness over _____.*
- *I surrender this to Thee and let it go.*
- *I am choosing to forgive myself 'cuz I know I'm doing the best I can given my human weakness and imperfection.*
- *Dear God, please do for me what I do not have the power to do for myself . . . according to Thy will and timing.*

WHAT SURRENDER LOOKS LIKE

HUMBLE • PATIENT • SUBMISSIVE • PEACEFUL • FAITH-FILLED • ACCEPTANCE OF WHAT IS

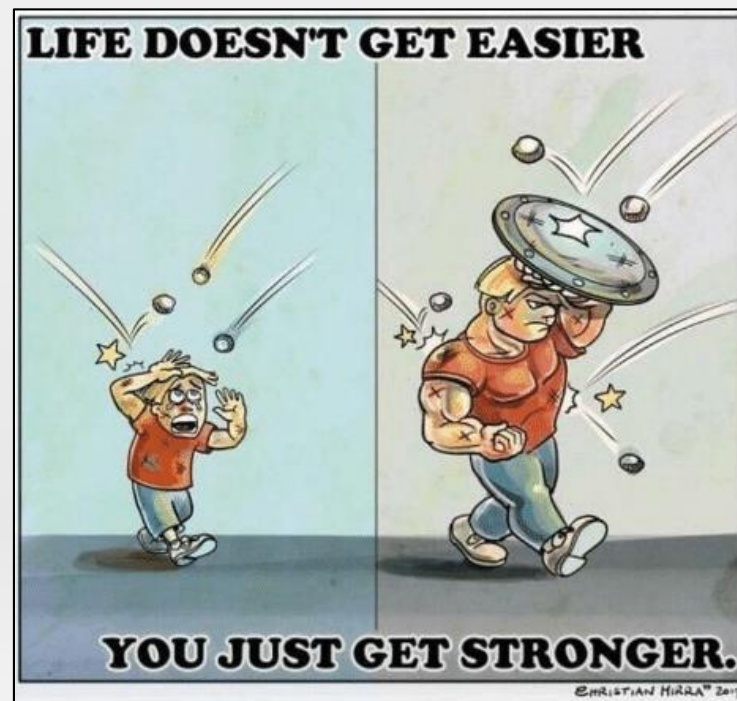
People often think they've "done" surrender and it didn't work...when they actually haven't!!

- 1. Hopeful.** You'll know you are truly in "surrender" because you will feel *hopeful* not *hopeless* or *resigned*. Surrender, which includes faith, is a form of "acting as if" everything is going to be okay even when it "isn't currently okay" because you're choosing to trust and believe that God is in charge and that whatever happens will be for your best and highest good.
- 2. Peaceful.** With surrender you'll feel a measure of peace despite continuing, potentially difficult circumstances. You are able to thrive *regardless* of your circumstances.
- 3. Increased Contact with God.** Surrender is about increasing your conscious contact and communion with God. It is to partner with God more fully. God becomes your best friend and continual confidante.
- 4. Humility and Submission.** Surrender is a state of God-will vs. self-will. You will feel the shift from "*my* will be done" to "*Thy* will be done." You will choose to believe that God is ever present—continually sustaining you despite your difficulties.
- 5. Patience.** Surrender includes an increase in patience because you now trust in God's will and His timing. You are willing to "wait upon the Lord" (see Isaiah 40:31).
- 6. Softened Heart.** There is also a softening of the heart that occurs in true surrender. There is less defensiveness when surrender has truly found a home in your heart.
- 7. Dependence on God.** Submitting to the state of surrender continually brings you back to your powerlessness, your nothingness, and your utter dependence on God. It is precisely from within this state of powerlessness that you find your greatest power, strength and peace.

WHAT SURRENDER LOOKS LIKE

- You can't fake surrender. You can't manipulate surrender. You can't put a timeline on surrender.
- When you finally get surrender down you are now more likely to get the very thing that you wanted in the first place. That's because when you change and heal you, you change or heal your projections onto others and your life.
- Everything changes for the better because you see differently now.
- Being in a state of surrender doesn't mean you'll be spared the realities of mortality. Continue to be prepared for tough things.

“That which you persist in doing becomes easier to do, not that the nature of the thing has changed but that your power to do has increased.” — Ralph Waldo Emerson



OTHER SURRENDER SCRIPTURES

1. **Mosiah 3:19** – “For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.”
2. **Alma 7:23** – “I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive.”
3. **2 Corinthians 12:10** – “I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong.”
4. **1 Peter 5:6-7** – “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.”
5. **Daniel 3:17-18** – “If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.”
6. **2 Corinthians 12:9** – “My grace is sufficient for thee: for my strength is made perfect in weakness.”

REVIEW – 7 Steps Spiritual Surrender

1. **CONTROL/POWERLESSNESS** -- Identify where you have power and where you don't.
2. **WORST CASE SCENARIO** -- Make friends with your worst fear/ worst case scenario.
3. **LET GO** -- Let go of emotional attachment to a specific outcome.
4. **GRIEVE** -- You may need to grieve the loss of it, in order to let go of needing a certain outcome.
5. **ACCEPT & TRUST GOD** -- Accept *what is* and trust God's divine purposes and timing in all things.
6. **BELIEVE** -- Continue to absolutely believe in your desired outcome--just let go of attachment to it.
7. **SURRENDER** -- Surrender the situation to God and let Him do His divine work with you!

“I testify that as we continually strive to overcome our challenges, God will bless us with the gifts of faith to be healed and of the working of miracles. He will do for us what we are not capable of doing for ourselves.”

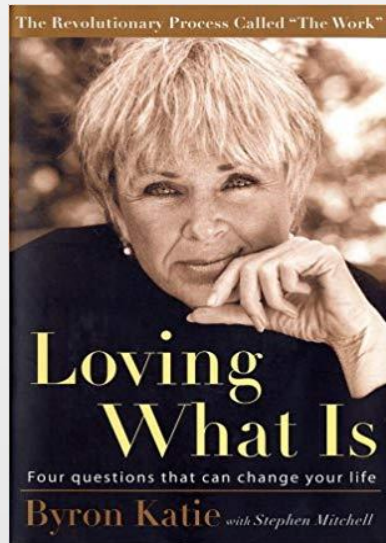
(Elder Ulisses Soares, “Take Up Our Cross,” *Ensign*, Nov 2019)

RELATED RESOURCES

- *Loving What Is* by Byron Katie
- *Return to Love* by Marianne Williamson
- *Breathing Under Water* by Richard Rohr
- *He Did Deliver Me from Bondage* by Colleen C. Harrison

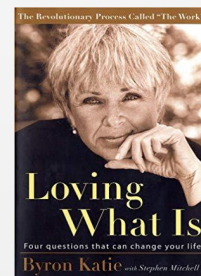


***Loving What Is* - Inquiry/ “THE WORK”**



Loving What Is – Inquiry/ “THE WORK”

Transforming and removing suffering by investigating and detaching from distressing thoughts—to live in peace, harmony, happiness and freedom!!



Inquiry/The Work. 4 Questions + Turnaround

#1 -- *Is it true?* *Is it true that Paul shouldn't lie to me? What's the reality of it? (The reality of it = the truth of it.) Paul does lie a lot, so I guess it's true. That's what is.*

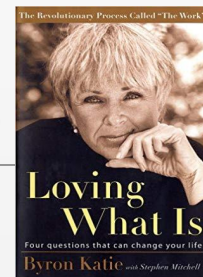
#2 -- *Can you absolutely know that it's true?* *In God's grand scheme of things, can you really know what Paul should or shouldn't do?*

#3 -- *How do you react? / How do you treat that person? / What happens when you believe that thought? (Does it bring peace or stress?)* *What happens when you believe Paul shouldn't lie to you and he continues to lie?*

#4 -- *Who or what would you be without the thought* *(that Paul shouldn't lie)? (If you didn't believe that thought...?)* *Close your eyes and imagine who you would be or how you would feel if you weren't attached to the thought (or story) that someone should be doing something other than what they are doing.*

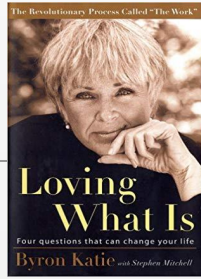
+ *The Turnaround.* *Turnaround the statement to yourself or to the opposite to find something as true or truer as the original statement. Paul shouldn't lie to me becomes I shouldn't lie to Paul or Paul should lie to me...because he does. The turnaround helps you focus on yourself (where you have control) and helps you accept what is.*

***Loving What Is* – 8 KEY CONCEPTS**



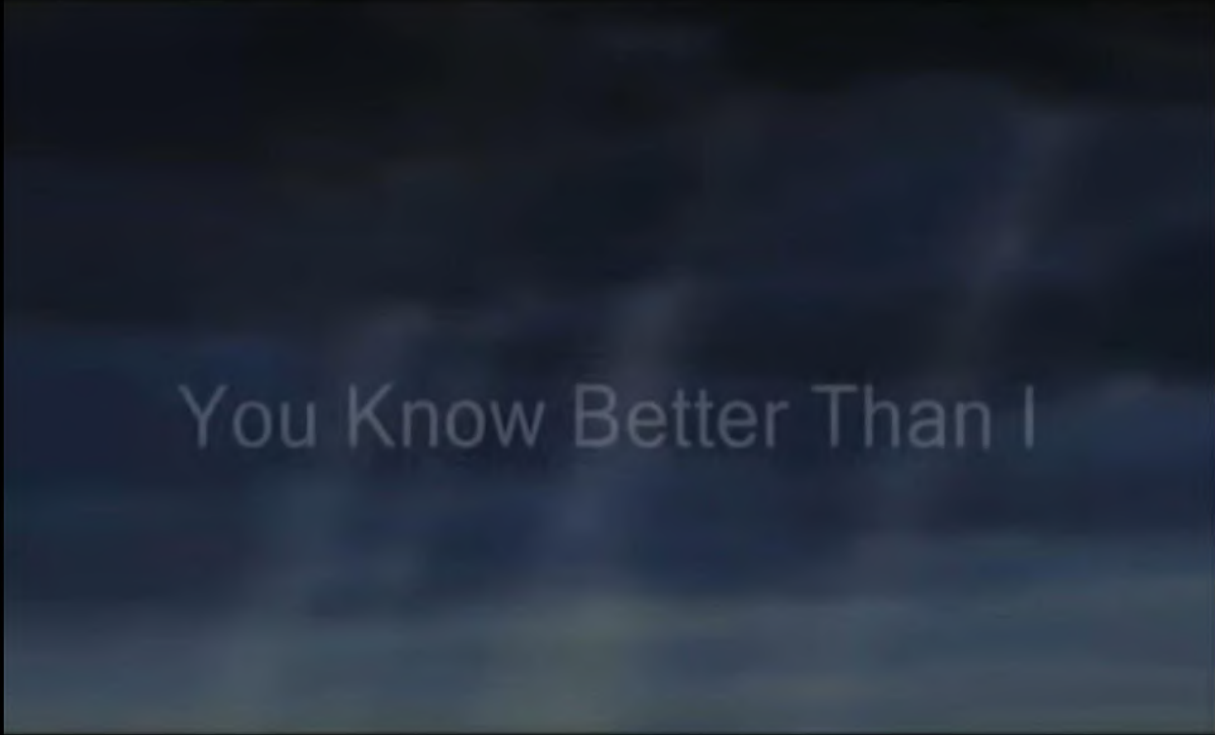
1. **Don't Argue with Reality** -- When you argue with reality or think it should be different than it is you lose (but only 100% of the time) and step into distress. Reality rules whether you accept it or not.
2. **Shoulding and Wishing** -- When you “should” on another person or “wish” a situation was different than it is you are arguing with reality. Reality is always a story of the past. It doesn't wait for our vote, permission or opinion.
3. **Whose Business are You in?** -- There are only three kinds of business: 1) your business, 2) the other person's business and 3) God's business. God's business is the reality of things. God's business is what is. If you think anyone else needs to change you are mentally out of your business! Stay in your own business. It's the only place you have control.
4. **You Don't Know What's Best for Anyone Else** -- Can you really know what's best for anyone else in the grand scheme of things? Let God run your business and you'll find even greater freedom, happiness and peace.

***Loving What Is* – 8 KEY CONCEPTS**



5. **Stop Seeking Love and Approval from Others** -- As long as you “need” love and approval from another person your well-being is at their mercy. Humans are imperfect, fallible and you have no control over what they do. Instead seek love and approval from God and find peace and strength. Interact with others from a place of wholeness and okayness instead of neediness and codependency.
6. **Your Projector’s Lens... and Lint** -- As you change your perceptions and projections you change your experience and your reality because you’re the projector.
7. **Not Believing or Attaching to your Stories** -- It’s not what’s “happening” to you that causes suffering but what “we believe or tell ourselves” about what’s happening that causes the suffering. Suffering is optional.
8. **Reality is Perfect/Nothing Goes Wrong...** Ever. Embrace that! -- Can you trust that everything you experience has a divine purpose? (See Proverbs 3:5-6.)

SPIRITUAL SURRENDER – “You Know Better Than I”



You Know Better Than I

[Thunder Rumbling]