

7 STEPS OF SPIRITUAL SURRENDER

How to Do Spiritual Surrender

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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.

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.

HERE'S THE GIST

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

1. **Identify Sphere of Control/Accept Your 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. Can you 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](http://2Cor12:10)) -- "I cannot, but God can." 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.***
2. **Make Friends with 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 3:17-18](http://Daniel3:17-18)) 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. 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.

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

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

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, “messaging 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. Your attachment to a certain outcome can become a distraction for the other person and their 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.

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). 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 on the next page and 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. (You quit fighting when you surrender, then you can begin the rebuilding...) Faith, Hope, Admitting/ Acknowledging, Remembering, Sharing/Talking, Accepting, Saying Good-Bye, Peace/Serenity, Planning, Action, Strength. You will likely cycle through these states multiple times and not in a linear fashion. You are just watching for movement through the phases so that you don't get stuck in the negative phases.

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." You might think of “leaning into” the pain instead of resisting or fighting it. 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 (see [Proverbs 3:5-6](#)). Acceptance with trust in God is different than hopelessness or resignation. It's "giving in" to God's will rather than "giving up" into hopelessness. 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! Consider these additional two concepts:

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: 1) patience, 2) faith, 3) humility, 4) compassion, or 5) 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](#)).

Remember this quote by Orson F. Whitney: *“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.”*

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."

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!”

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Submission w/out faith = HOPELESSNESS / RESIGNATION  
Submission with faith = SPIRITUAL SURRENDER & PEACE

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.

## SURRENDER SCRIPTURES TO STUDY AND PONDER

- **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.”
- **D&C 122:7** – “know thou, my son, that all these things shall give thee experience, and shall be for thy good.”
- **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.”
- **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.”
- **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.”
- **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.”
- **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.”
- **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.”
- **2 Corinthians 12:9** – “My grace is sufficient for thee: for my strength is made perfect in weakness.”
- **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.”

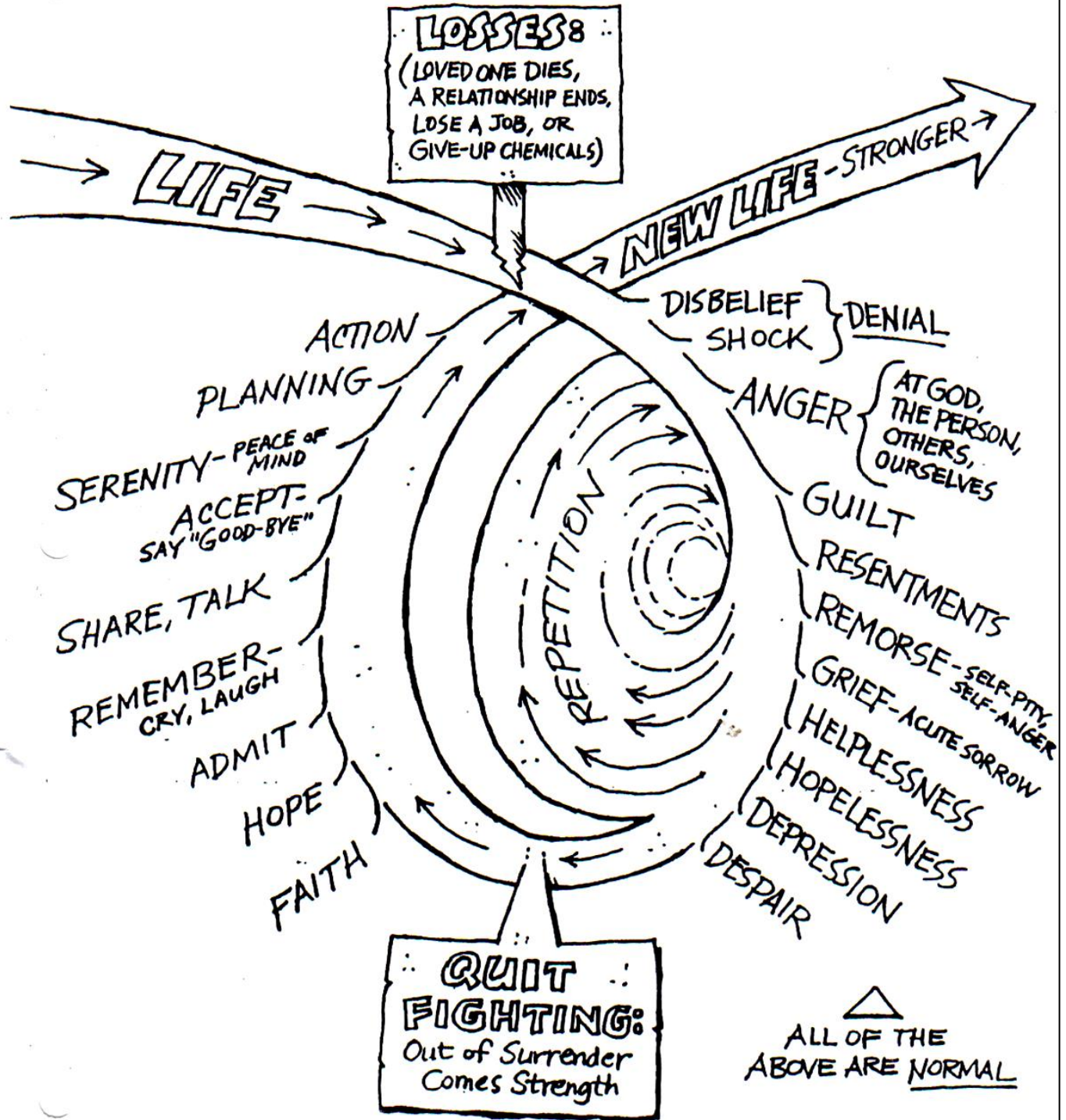
### Related Resources:

- *Loving What Is* by Byron Katie
- *Letting Go: The Pathway of Surrender* by David R. Hawkins, MD, PhD
- *The Surrender Experiment* by Michael A. Singer
- *Return to Love* by Marianne Williamson
- *Breathing Under Water* by Richard Rohr
- *He Did Deliver Me from Bondage* by Colleen C. Harrison



# The Loss Cycle

The Normal Cycle for All Losses...



DENIAL-ANGER-DEPRESSION-ACCEPTANCE-RECONSTRUCTION  
(BARGAINING TAKES PLACE ALL ALONG)