



Surrender: A Reflection Exercise

Breathe - slowly, deeply. Breathe in God's life giving breath in this moment.

Let us consider the call of Christ. Christ summons the best from us, calling us to the *magis*, to greater service and generosity for the greater glory of God. Mediocrity has no place in the disciples response: the stakes are too high, and

God is just too good to deserve a meager response from us.

Breathe, notice your breath. Notice the filling and the emptying.

Slowly open your arms, with hands palms up, resting them on your lap or table or wherever is comfortable for you. And breathe.

Notice in your right hand your giftings. The unique desires and plans God has planted in your heart.

- *Where does your deepest joy meet the world's deepest need?*

God has called you and gifted you with what you need to live in mission. *(pause)*

- *As a woman walking with Christ, what kind of world are you called to co-create? **Slowly, prayerfully, meditatively pray through your mission statement.***

(Pause 1 minute.)

- *Ask the Spirit for the one word or awareness He wants you to focus on.*

(Pause)

- *See it and hold it in your right hand. (Pause)*

Now notice your left hand.

- *Notice what gets in the way of holiness: the sin in your left hand. The ways you act out of your need for safety & security, power, control, esteem, affection, envy, pride, ego. The sinful ways we seek to meet our needs from other persons or things rather than from God.*

(Pause)



- See the times we've used our giftedness for our glory.
- Notice also sins of omission; the things you have failed to do. Those times God says go & do & forgive & love...and instead we chose to stay, hold onto, resent and judge.
- Times we say "yes" when God says say no. Times we say "no" when God says say "yes."
- **See what's in your left hand.**

(Pause 1 minute.)

- Ask the Spirit for the word or awareness he wants you to focus on in your left hand.

(Pause)

- See it and hold it in your left hand.

(Pause)

- Notice what you **feel** as you hold ALL that you hold in both of those hands. Both your giftings and your challenges.
- What 2 words did the Spirit give you?

(Pause 1 minute)

As we take our next 3 breaths...**let's surrender all that we hold in our hands.** All is His so we can hold it lightly!

I will lead us in this surrender prayer. I ask that with each inhale you breathe in the Holy Spirit and with each exhale breathe out your surrender.

Father I surrender all to you. Do with it what you will. Your will not mine be done.

Jesus, I surrender all to you. Do with it what you will. Your will not mine be done.

Holy Spirit, I surrender all to you. Do with it what you will. Your will not mine be done. Breathe in God's life giving Spirit.

Sisters we can trust John 15:16...where God's word tells us...It was not you who chose me, but I who chose you to go and bear fruit that will remain...

We are many parts, one body. All called to the magis, to greater service and generosity for the greater glory of God.



Check-in Round: Check-in with both the gift and the challenge word or awareness' the Holy Spirit has blessed you with during our prayer time.

Closing Song/Prayer: [You Dwell Among Us](#)

Dwell Among Us by Salt of the Sound

Keep moving and living and breathing in us

Keep working and singing and speaking through us

You dwell among us, You dwell among us

You dwell among us, dwell among us

With all this life I long to see

more of You and less of me

Lord send Your spirit here to work in us

And dwell among us, please dwell among us

And dwell among us, You dwell among us