

The Prayer of Relinquishment

“The Spirit teaches me to yield my will entirely to the will of the Father. He opens my ear to wait in great gentleness and teachableness of soul for what the Father has day by day to speak and to teach. He discovers to me how union with God’s will is union with God Himself; how entire surrender to God’s will is the Father’s claim, the Son’s example, and the true blessedness of the soul.” Andrew Murray

As we are learning to pray we discover an interesting progression. In the beginning our will is in struggle with God’s will. We beg. We pout. We demand. We expect God to perform like a magician or shower us with blessings like Father Christmas. We major in instant solutions and manipulative prayers.

As difficult as this time of struggle is, we must never despise it or try to avoid it. It is an essential part of our growing and deepening in things spiritual... ... In time, however, we begin to enter into a grace-filled releasing of our will and a flowing into the will of the Father. This is the Prayer of Relinquishment that moves us from the struggling to the releasing.

The end result of the Prayer of Relinquishment brings us into this soul-satisfying rest. I hope you will engrave into your mind’s eye the picture of yourself falling into the arms of Jesus, fully satisfied, fully at rest.

We learn the Prayer of Relinquishment in the school of Gethsemane. Gaze in adoring wonder at the scene. The solitary figure etched against gnarled olive trees. The blood-like sweat falling to the ground. The human longing: “Let this cup pass.” The final relinquishment: “not my will but yours be done” (Luke 22:39-46). We do well to meditate often on this unparalleled expression of relinquishment.

The Prayer of Relinquishment is a bona fide letting go, but it is a release with hope.

O Lord, how do I let go when I’m so unsure of things? I’m unsure of your will, and I’m unsure of myself ... That really isn’t the problem at all, is it? The truth of the matter is I have the very idea of letting go. I really want to be in control. No, I need to be in control. That’s it, isn’t it? I’m afraid to give up control, afraid of what might happen. Heal my fear, Lord.

How good of you to reveal my blind spots even in the midst of my stumbling attempts to pray. Thank You!

But Now what do I do? How do I give up control? Jesus, please teach me your way of relinquishment. Amen!!