

**PRAYER OF SURRENDER
FROM
BLACK OUT: THE BIBLICAL BLUEPRINT TO MEDITATION**

I today, I claim breath as the path to surrender.

As I inhale, I surrender.

As I exhale, I surrender.

With every breath, I am filled with the presence, the wisdom, the truth and the love of God.

With every surrender, I am anchored in the presence of God.

Today, I surrender all things to God.

And I breathe.

I surrender the apparent little things.

And I breathe.

I surrender all the apparent big things.

And I breathe.

I surrender every thought, belief, learning, programming, mental and emotional construct, ancestral, generational and historical pattern of thinking and way of being that blocks, obstructs, hinders, delays or denies my total reliance on and trust in the movement of your Holy Spirit.

And I breathe.

I surrender fear, anxiety, all forms of worry, guilt, anger, frustration, impatience, stubbornness, arrogance, helplessness, hopelessness, frustration, conflict, confusion and anything else that blocks, obstructs, hinders, delays or denies my total reliance on and trust in the movement of your Holy Spirit.

And I breathe.

I surrender attachment to all outcomes that I imagine, demand, fear, require and attempt to control.

And I breathe.

I surrender control, fear of control, lack of control and all control issues.

And I breathe.

I surrender my mind, my body and my life.

And I breathe.

I surrender the process and the outcome.

And I breathe.

I surrender my children and loved ones.

And I breathe.

I surrender by letting go in my mind and heart anything and everything I think, need, want, require, demand and expect to happen.

And I breathe.

I surrender from my conscious and subconscious mind anything and everything that is not from You, my Source and Creator.

I surrender any lack of trust.

And I breathe.

I surrender any doubt.

And I breathe.

I surrender all judgments of myself and others.

And I breathe.

I surrender criticism of myself and all others.

I surrender the things in my ego and flesh that would tempt me into anger.

And I breathe.

I surrender the rips, tears and wound in my heart that support the belief of unworthiness.

And I breathe.

I surrender the need to be right and the need to be in control of anyone or anything.

And I breathe.

I surrender the unconscious behaviors that motivate me to act in ways I do not comprehend.

And I breathe.

I surrender anything within me that is hidden, buried, denied, avoided, camouflaged, secreted, programmed in my consciousness, or conditioned in my personality, that in any way facilitates or supports the experiences of guilt, shame and fear.

And I breathe.

I surrender by acknowledging, accepting, knowing and believing that Your will for me is my only way to peace.

And I breathe.

Today, my God, my Source, my Creator, I surrender to you.

You are my only need, desire and goal today.

I will to will Your will.

Please show me how.

I Ask! I Allow! God Becomes!

I let it be so, moment by moment.

And I breathe.

And So It Is!