

THE HEALING POWER OF SURRENDER

Life-Giving Relationship Trait #9: "Does not attempt to control the friend".

DEFINITIONS: Webster's Dictionary: TO CONTROL is to have authority or ability to regulate, direct, or dominate a situation (*or relationship*). TO SURRENDER is to give up or yield possession or power. Fr. Larry Richards defines surrender as, "Abandoning our lives to the one who loves us and gave his life for us." Jesus is our model as we grow in deepening relationships through the power of surrender.

WHY DO WE NEED TO SURRENDER?

1. For spiritual health, having a right relationship with Jesus
2. For joy and peace, "My peace is my gift to you." Jn. 14:27
3. "The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for." (CCC27)
4. "You have made us for yourself, O Lord, and our heart is restless until it rests in you." St. Augustine

HOW DOES THE WORLD TEACH US TO FIND JOY AND PEACE?

1. Through a "fast-food diet" of immediate gratification
2. Through busyness which distracts us from our emptiness
3. Through self-absorption rather than glorifying God and serving others
4. Through power, dominance, competition
5. Through prestige, reputation, achievements
6. Through pleasure for its own sake
7. Through possessions, always seeking more and better

PROCESS OF SURRENDER

1. Ask for the desire to turn our lives over to God.
2. Acknowledge we are not our own. We belong to God.
3. Serve God and others; we are a living sacrifice. (Rom. 12:1)
4. Examine ourselves. How have we lived up to our calling?
5. Pray for willingness and direction to make changes.
6. Make amends for past failures.
7. Take a daily moral inventory. Correct current weaknesses.
8. Pray the "Morning Offering".

SURRENDER HEALS RELATIONSHIPS

1. Neither friend tries to dominate the other.
2. Each has an equal voice, allowing for a partnership.
3. Focus is not on defending one's position but on co-operation.
4. A "new creation" results when differences are respected and negotiated.
5. Stress declines, allowing for creativity.
6. The relationship is in the present, not in past hurts or future conflicts.
7. Surrender is based on trust not on fear.
8. Surrender is a gift of self to the other for the sake of a life-giving relationship.

"There is no greater love than this: to lay down one's life for one's friends." Jn. 15:13