

# Surrendering Control of Our Lives to God

**Objective:** We have all heard the phrase “Let go and let God”. As Christians, and especially as FATHERS Team members, it seems like this should be a simple task. Then why do we tend to want to be in control and rely on our own understanding of things, rather than trusting that God’s ways are truly better. The goal of this session is to understand what it means to surrender our lives to God, the obstacles to doing so, and learn some simple steps to achieve the goal.

**Song:** You are Near

## Bible and Catechism Readings:

**Luke 22:41-42** And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, “Father, if it is Your will, take this cup away from Me; nevertheless, not My will, but Yours, be done.”

**Philippians 4:6** Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

**Hebrews 13:5** Let your life be free from love of money but be content with what you have, for he has said, “I will never forsake you or abandon you.”

**Matthew 6:30** If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?

## Catechism 396

God created man in his image and established him in his friendship. A spiritual creature, man can live this friendship only in free submission to God. The prohibition against eating "of the tree of the knowledge of good and evil" spells this out: "for in the day that you eat of it, you shall die." The "tree of the knowledge of good and evil" symbolically evokes the insurmountable limits that man, being a creature, must freely recognize and respect with trust. Man is dependent on his Creator, and subject to the laws of creation and to the moral norms that govern the use of freedom.

## Catechism 397

Man, tempted by the devil, let his trust in his Creator die in his heart and, abusing his freedom, disobeyed God's command. This is what man's first sin consisted of. All subsequent sin would be disobedience toward God and lack of trust in his goodness.

## Saints:

1. Teresa of Calcutta

[https://www.catholic.org/saints/saint.php?saint\\_id=5611](https://www.catholic.org/saints/saint.php?saint_id=5611)

2. Therese of Lisieux

<https://littleflower.org/st-therese/who-is-st-therese/#her-life-at-lisieux-carmel>

### **Vignette:**

Justin is a cradle catholic who has gone to church every week his entire life. He is involved in his parish community. Suddenly, he has had a feeling that his life is out of control. His mother's Alzheimer's disease has taken a turn for the worse and the family is struggling to determine the best care options for her. His wife seems to be worrying about, and nagging him about everything; her job isn't fulfilling, their daughter has shown signs of an eating disorder, the house is falling apart, etc. Justin's job has been stressful, demanding a ton of overtime and he feels underappreciated and underpaid at work. He isn't sure how he can afford the extra cars the family needs so his teenage daughters can drive to work. To top it all off, his daughters have started saying that they no longer want to go to mass and are claiming they won't be Catholic when they are older. Justin likes to feel like he is in control of his life, but right now, he feels like he doesn't know where to turn. What options does he have?

### **Questions for Large and Small Group Discussion:**

Do you feel like you are in control of your life?

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When a challenging situation arises in your life, what is the first thing you do?

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What prevents you from surrendering control of your life to God?

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Are you afraid to surrender your life to God?

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Do you fear he might ask you to do something you don't want to do?

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What do you think of this quote attributed to Fr. Larry Richard -- "just when I think I've surrendered everything to God, he asks me for something I'm not ready to give up"?

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### **Action Plan:**

1. Make saying a prayer of surrender to the Lord a daily, life-time practice.
2. Believe that God can bring good out of every evil and that he can bring hope in the midst of even the greatest suffering.
3. Remember that surrendering to God does not mean giving up. It means allowing God to work out his plans and purposes for us and trusting that he will bring something good from every situation.

4. Overcome your instinct to hold your burdens close to yourself by taking advantage of the Sacrament of Reconciliation.
5. Do your part by listening and trying to understand how God is calling you. Surrender to God it doesn't mean that you just sit and do nothing, expecting God to do all the work. He will guide you, but he needs you to do your part by acting on his calling and guidance.
6. Offer yourself to the Lord by receiving Holy Communion as often as possible.

## **Reference Material:**

1. The Word Among Us – June 2021 issue  
[https://wau.org/archives/article/the\\_challenge\\_of\\_surrender/](https://wau.org/archives/article/the_challenge_of_surrender/)  
[https://wau.org/archives/article/come\\_follow\\_me/](https://wau.org/archives/article/come_follow_me/)  
[https://wau.org/archives/article/offering\\_ourselves\\_to\\_god/](https://wau.org/archives/article/offering_ourselves_to_god/)
2. Abandonment to God: The Way of Peace of St. Therese of Lisieux by Fr. Joel Guibert  
<https://www.amazon.com/Abandonment-God-Peace-Therese-Lisieux/dp/1622828348>
3. Time for God by Fr. Jacques Phillippe  
<https://www.amazon.com/Time-God-Jacques-Philippe/dp/1594170665>

## **Prayers:**

### **A Morning Offering**

Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, the reunion of Christians, and in particular for the intentions of the Holy Father this month. Amen.

### **Suscipe of St. Ignatius of Loyola**

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me. Amen

### **Prayer of Abandonment**

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands, without reserve, and with boundless confidence, for you are my Father. Amen.

**The Surrender Novena: Let Jesus Take Care of Everything**, by Maura Roan McKeegan

<https://catholicexchange.com/the-surrender-novena-let-jesus-take-care-of-everything>

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