



Meditation on Surrendering Your Will to Jesus

There is a battle that constantly wages within us. It is a daily battle, sometimes an hourly battle, and at times, even a moment-to-moment battle. It is a battle for being at peace within our souls.

It seems logical to think if we are “in control” of our lives, we should be at peace. However, show me a situation in your life causing you anxiety, and I will show you a situation where there is some way in which you have not surrendered your will completely to Jesus.**

Spiritual and emotional healing comes not from taking control, but from giving it away—giving it to Jesus.

I’m not saying it’s as simple as turning to Jesus and saying, “Jesus, your will be done.” Then, poof, it’s over! We’re good to go. No more anxiety, no more fear!

If it were that easy, we’d all be anxiety-free!

However, I believe part of the healing process begins by acknowledging what is in our control. And what is in our control is releasing our control to Jesus and surrendering our will to His.

It takes work. Hence the struggle.

*“My soul is sorrowful even to death.”
-Mark 14:34*

We all struggle with this. And by all, I even mean Jesus Christ, Himself. Case in point: the Agony in the Garden.

Jesus also struggles with surrendering His will to the Father. In the end, Jesus is triumphant.

He surrenders His will to the Father through prayer. He receives the gift of His Father’s strength through the visit of an angel, and in complete trust abandons His will to God.

*“Father, if you are willing, take this cup from me; still, not my will but yours be done.”
-Luke 22:42*

MEDITATION

Begin this meditation by imagining you are with Jesus in the garden of Gethsemane. Kneel with Him, pray with Him. He is anxious as He contemplates what's to come.

See how He struggles with surrendering His will to the Father and how He asks the Father to deliver "the cup" from Him if it is His Father's will.

He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, "Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will."
-Mark 14:35-36

We want Jesus to take away our struggles. Jesus wanted this too, but God did not. An angel came to strengthen Him, to guide Him along to surrender to God's will.

And to strengthen Him an angel from heaven appeared to him.
-Luke 22:43

Continue to kneel with Him, pray with Him.

Look up to His face now, and see Him looking at you. Read slowly and listen in your heart to the words He wishes you to hear:

Jesus speaks to your heart: "I know your pain. I feel deeply the anxiety that has taken hold in your heart. Release all to Me. I will heal you; I will console your poor heart.

"I know your anxiety and fears. I know the searing pain that comes from those who've rejected, betrayed, and hurt you. This is why I surrendered my will to My Father in the garden. I saw your whole life and knew you would need Me to heal your wounds caused by others and the ones you inflicted upon yourself. You would need to learn how to forgive yourself and others. You would need to know that your pain and anxiety—though overwhelming and intense—are passing, and My love for you will bring about healing.

Continued on next page...

"I knew you would need my help in surrendering your will to Mine. The Holy scriptures reveal My struggle, My heartbreak, My pain—both physical and mental anguish. I knew you would need an example of how to overcome sin, how to hand over your anxiety and fears, and how to surrender your will to Mine.

"I will show you how to deal with the intense pain of rejection, the height of your anxiety, the overwhelming sorrow of loss, the heartbreaking blows of betrayal, abandonment, humiliation, and hurtful words and actions of those closest to you—all of which lead you to 'take back control' of your life and seek your own will in order to protect yourself from more pain.

"All this I know. All this I suffered for you so I could show you, lead you, guide you, comfort you, and console you and so you would know I truly understand you.

"I desire to be close to you and you close to Me. How much closer does one come to another than in their shared pain? That is where true friends are made.

"I invite you to bring me an area where you are having trouble relinquishing control to Me. Do not be afraid of the how big it is, how messy it is, or how dreadful, overwhelming, or painful it is. Are you afraid I will not protect you? Are you concerned I will not handle it in the best way for you and all else involved? Are you worried I do not see how difficult or painful this is for you? My child, I will go to any lengths, and I have, to bring you home into My Heart.

"My Heart of Mercy will overcome all, will heal all, and will transform all you bring to Me. I only need you to step into My Heart of mercy and look into My eyes of love and say, 'Jesus, I surrender my will to You. You take care of it.'"

Speak to Jesus from your heart. Bring anything to Him you desire His help with—problems, situations, relationships, and especially any struggle you are having handing over your will completely over to Him. After you bring Him your heart's desires, open your heart to receive His love and mercy and allow to Him speak to you as He desires, even if all He desires is to shower you with His love.

[Spend as much time opening your heart to Jesus and receiving His love as you need to.]

Continued on next page...

RECEIVE HIS LOVE

Now, allow Jesus to speak to your heart what He wishes you to leave with as this time of reflection closes. Feel free to write down anything your are experiencing in your journal or in the space below.

WHAT DOES THE HEART OF JESUS SPEAK TO YOURS?

CLOSING PRAYER

Jesus,

Help me to surrender my will to You as You surrendered Yourself to the Father. Help me to surrender to You all my worries and fears, situations, and relationships—the little ones, the big ones, and all those in between.

Give me the experience of Your peace with Your will so I may be directed by You in each moment of every hour of every day! I desire nothing less, Jesus, than complete conformity of my will to Yours.

When it is difficult to surrender my will to Yours, give me the peaceful strength You received from the Father in the garden of Gethsemane. Help me to know that any inconvenience, sacrifice, or suffering that may come from Your will for my life is only for the purification of my soul so I may know what it means to be completed united with You, the Father, and the Holy Spirit.

May my heart become so enveloped in Yours that I know nothing else than to live as You live, to love as You love, and to sacrifice for others as You sacrificed all for me on the cross. Amen.

*Jesus, help me to surrender my will to You,
as You surrendered Yourself to the Father.*

*Scripture passages in this meditation are taken from the New American Bible, Revised Edition (NABRE).

****DISCLAIMER**

In reference to my comments in the introduction, I want to be clear on my message regarding anxiety and its origin. I am not saying that all symptoms of anxiety are a direct result of not surrendering to God.

Sometimes anxiety is brought on or exacerbated by biological and chemical imbalances beyond our control or from a lack or decline in self-care. In these situations, many times symptoms can be lessened or relieved through self-care methods and/or adjusting medication. God has given us the tools, methods, and science to help us take back control of our health so we can then be in a place to serve and surrender all to Him.

Based on my experience, however, I have come to believe that much of the anxiety that is linked to situations or relationships in our lives is directly linked to the struggle we undergo in surrendering our will to God.

I am not a medical professional or licensed therapist. I am speaking from my perspective and human experience and as someone that has struggled with anxiety and depression since childhood.

God is good and has given us the gift of medical and therapeutic treatment options when basic self-care isn't enough to help us overcome our struggles with anxiety and depression. Don't hesitate to reach out for this support when you need it. It's a gift from God that will help you to recover so you can live your life to the fullest — which is God's desire for you!