

Week 22

Prayer of Release

*“See how the lilies of the field grow. They do not labor or spin”
– Matt 5:28*

You have heard the phrase, “Life is a journey.” The phrase helps to remind us that we spend most of our life on the road moving toward our imagined goals and destinations. Despite our focus on the destination of life, we manage to accumulate things on the journey. We fill our closets, garages, basements, and attics with the little things we have picked up along the way. In our garage, we have clothes that are both too big and too small, broken toys, bicycles that are rarely used, many divorced pairs of things. All of them you might say are mementos of the journey of life.

We tend to gather other kinds of things on the journey of life. We collect disappointments of unfulfilled dreams, wounds and scars from relationships, chunks of anger, boxes of frustration, and many beginnings divorced from their desired ends. This would seem like enough stuff to carry through life, but we manage to collect other things as well. The stress of financial concerns, family concerns, work concerns, and church concerns cling to us like dog hair on black pants. “Life is a journey” and we are trying to carry all of it with us all the time.

The prayer of release is a specific prayer aimed at letting go of the load of stuff we are trying to carry. In a prayer of release, we specifically mention the burdens, the hurts, the stresses, the worries that we are carrying...but we release them into God’s hands. It is not an act of denial, because we are acknowledging each burden and the effort we have exerted carrying it. It is not an act of avoiding responsibility, but rather an acknowledgment that we are not the ones in control. God knows our burdens and our needs and he desires the yoke of life to be easy and the burden light. Here is an example of a prayer of release.

Heavenly Father, today I release these burdens into your hands.

I let go of fear and embrace trust in your power,

I release the past, the hurts, the wounds, and my shame,

I release illusions, disillusion, doubt, and fear,

I release the pain of wanting and of apathy,

I release my desires to fit in and to be different,

I release my criticism of self and others,

I release my parents, my friends, my spouse.

Father, you are the one who carries my sins and the sins of the world,

I release myself into your love.

This Week

- Sit quietly before beginning to pray. Pay attention to the sources of stress, anxiety, depression, and burden. Then pray aloud to God mentioning each burden as you think of it.

Week 22

May 30-Jun 5

Sun	<i>What specific action can you do this week related to your growth goals?</i>			30
Tyler Shelton	Encourage One Another (3)			
Mon	Josh 4,5	Acts 17	Psa 106	31
Memorial Day				
Tue	Josh 6,7	Acts 18	Psa 107	1
Wed	Josh 8	Acts 19	Psa 108	2
Thr	Josh 9	Acts 20	Psa 109	3
Fri	Josh 10	Acts 21	Psa 110	4
Sat				5