

TRUE NORTH

Anchored in God

Module 2, Video 1



North Star Quote:

God only wants you to experience emptiness in order that he might fill you with himself.

Surrender Prayer

Pray slowly, and imagine putting each part of yourself into God's outstretched hands. Pay attention to what you resist giving him- those are the parts of yourself that most need to be handed over!

God, my Father, I thank you for all that You are, and all that you do for me through your son Jesus Christ. I praise you for my life, for your mercy and for your Eucharist. In Jesus' name, Father, I place myself entirely in your Heart.

I surrender to you my whole self, my heart, my mind, my memory, my imagination, my will, my emotions, my passions, my body, my sexuality, my desire for human approval, my weaknesses, my desires, my sins.

I surrender every person in my life to you. I surrender every situation in my life to you. I surrender every relationship I am in to you. I surrender every concern I have to you. I surrender every fear I have to you. I surrender every doubt I have to you. I surrender all confusion I have to you. I surrender all sadness I am experiencing in my heart to you. I surrender all the woundedness I have to you. I surrender all anxiety and worry I have to you. I surrender all that deceives me in my heart to you. I surrender my whole self to you. I trust you to care for me and others in a perfectly loving way.

As I have emptied myself, and surrendered everything to you, I ask you now, Father, to fill me with your Holy Spirit and all the gifts and fruits of your Spirit.

Holy Spirit you are the source of love, hope, joy, peace, patience, goodness, gentleness, tenderness, faithfulness, humility, and self-control. Purify my desires.

Help me to open my heart to you. Help me to become perfectly receptive as a pure child. Help me to believe in your love for me. Help me to hope in your love. Help me to receive from the Most Sacred Heart of Jesus all grace and virtues necessary for me to become the person you created me to be. I ask this in the Name of Jesus Christ, Your son, God Almighty Father.

O Most Holy Immaculate Virgin Mary, I entrust this prayer to your heart, and ask you to press it to your wounded heart and intercede for me to your son Jesus. Please help me to be as you are, a perfect disciple, an obedient servant, a true child of God. Amen

Journal: What was most difficult for me to hand over today?
