

PRAYER OF SELF- ABANDONMENT

Taken from the book "You Can Pray" of P. Ribes, s.j.

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Introduction:

- ✓ *This prayer exercise helps us to surrender- **abandon** - ourselves to God's Holy Will, as Jesus did in the Garden "Not my will, but your will be done" and on the Cross: "Into your hands, oh Father, I surrender my spirit!"*
- ✓ *In this prayer method we go over our entire life, **past, present and future** and trustfully, we place it all in God's hands. We **surrender to God our entire existence** with its pleasant and unpleasant moments, good and bad days, virtues and sins.*

Procedure:

- Quiet down. Stay in silence for a while. Awareness and or breathing exercises may help.
- Place yourself in the presence of God.
- In song or in prayer invoke the Holy Spirit for light and courage.
- You may say a fitting prayer, like St. Ignatius' Prayer "Take, Oh Lord, and receive"
- **Then, thoughtfully say:**

For all my past;	‘THANKS “	I THANK YOU, LORD!’
For all my present:	“YES “	I ACCEPT IT, LORD!
For all my future:	“AMEN”	LET IT BE AS YOU WISH, LORD!”

Step One. Surrender Your Past Life to God

- Slowly read, line by line, the litany of life events suggested below.
- Remember and relive them singly and vividly. You may add other events of your life not mentioned in the litany. Then surrender each event to God saying

“Thank You, Lord, for it/them. I joyfully accept it / them!”

For my joys and sorrows.	<i>(Singly recollect them)</i>
For my successes and failures:	<i>(Singly recollect them)</i>
For my good health and sicknesses	<i>(Singly recollect them)</i>
For my strong and my weak points.	<i>(Singly recollect them)</i>
For my good deeds and misdeeds	<i>(Singly recollect them)</i>
For my virtues and vices	<i>(Singly recollect them)</i>
For my days of affluence and poverty	<i>(Singly recollect them)</i>
For my friends and enemies.	<i>(Singly recollect them)</i>
My family members and relations.	<i>(Singly recollect them)</i>
For my education and professional life.	<i>(Singly recollect them)</i>
<i>Add any other items you wish.</i>	

Step Two: Surrender to God Your Present Life

- Slowly read line by line the litany below:

- Remember and relive each single event as vividly as you can
- Then surrender each event to God saying

“Thank You, Lord, for it /them. I joyfully accept it/hem!”

For my worries and anxieties.	<i>(Singly recollect them)</i>
My needs and wants.	<i>(Singly recollect them)</i>
For my job and occupation.	<i>(Singly recollect them)</i>
For my family members and their problems.	<i>(Singly recollect them)</i>
My economical position and constrains.	<i>(Singly recollect them)</i>
For my present condition of health	<i>(Singly recollect them)</i>
For my passing moods and feelings.	<i>(Singly recollect them)</i>
For my failures and sins	<i>(Singly recollect them)</i>
For my joys and sorrows.	<i>(Singly recollect them)</i>
<i>Add any other items you wish.</i>	

Step Three: Surrender to God Your Future with its Fears Anxieties and Uncertainties.

- Keeping in mind your future days and whatever may happen.
- Slowly read line by line the litany below
- After each line surrender each event to God by saying

“Joyfully I accept It /them Lord”

For long life or short life
 For painful sickness and good health.
 For death at any time and in any form
 For loss of my family members, partner or children,
 For any Joys and sufferings
 For any successes and failures.
 For good deeds and sinful actions.
 For riches or poverty.
 For loss of my job and reputation.
 For false accusations
Add other items of your own
 Anything whatsoever

Step Four Closing Prayer and Hymn.

- Mindfully and prayerfully, say several times

For all my past; ‘THANKS “ *I THANK YOU, LORD!*
 For all my present: ‘YES “ *I ACCEPT IT, LORD!*
 For all my future: ‘AMEN” *LET IT BE AS YOU WISH, LORD!*

- End by saying “The Our Father “and singing one of the following hymns:
 Take and Receive The Lord is My Shepherd.
 Have Thine Own Way, Lord. I Just Keep Trusting.
 Into Your Hands. All to Jesus I Surrender.
 I’ll say Yes, Yes, Lord, All That I am.

APPENDIX

A Self -Abandonment Prayer

**Loving Father, my Master and Lord,
 For your love’s sake
 I accept whatever you plan for me:**

- To be Rich or to be Poor
- To be clever or to be dull,
- To be handsome or to be deformed,
- To be strong or to be weakling,
- To be attractive or to be drab,
- To be striking or to be plain.
- To be learned or to be Ignorant
- To be educated or to be common,
- To be in health or to suffer,
- To be active or to be idle,
- To be used or to be set aside,
- To be loved or to be ignored.
- To be Successful or to Fail
- To be honored or to be despised,
- To be rewarded or to be passed over,
- To be known or to be unknown,
- To have friends or to have none,
- To live long or to die soon.

On neither can I set my Heart
 In both I can serve You equality,
 Each is your loving gift to me,
 And as such has equal value.

This only matters to me.
 That You choose for me whatever You Will

And that I carry it out.

- knowing You
- praising You
- and loving, You

Because You loved me first.

Because To You I owe it, my all

(Alban Goodier)