

A PRAYER OF RELEASE

HEAVENLY FATHER

I release the burdens that I have been carrying, burdens that
You never intended for me to carry.

I cast all my cares upon You- all my worried, all my fears. You have told me to not be anxious about
anything, but rather to bring everything to You in prayer and thankfulness.

FATHER, calm my restless spirit,
quiet my anxious heart,

STILL my troubling thoughts with the assurance that You are in control.

I let go of my grip upon the things I have been hanging onto and with opened hands
I come to You.

I release to Your will all that
I am trying to manipulate;

I release to Your authority
all that I am trying to control;

I release to Your timing and purpose
all that I have been striving to make happen.

I THANK YOU

for Your promise to sustain me, preserve me and guard all that I have entrusted
to Your keeping.

Protect my heart and mind
with Your peace, the peace that passes all understanding.

Father,
may Your will be done in my life, in Your time, and in Your way.

AMEN.