Prayer is Releasing

In every line of the Lord's Prayer, there's a common thread. It's ***releasing***. We scan through the words and notice that the Lord's Prayer is radically different from the modern mantras of mortal yearning. Instead of coming to God to change our circumstances, we encounter a releasing of ourselves into the gracious hand of the Father who knows exactly what we need before we ask.

Our Father who art in Heaven

I release my urge to play God with my circumstances.

Hallowed be thy Name

I release any preconceived notion that am better than others in comparison to the reality of You.

Thy Kingdom come, thy will be done on Earth as it is in Heaven

I release my kingdom to embrace yours.

Give us this day our daily bread.

I release the desire to be a self-made provider.

And forgive us our debt as we forgive our debtors.

I release forgiveness to those who've wounded me and I recognize and repent for the wounds I have cause to others and even to myself.

Lead us not into temptation.

I release my long-held belief that I am more powerful than my sins and addictions.

Deliver us from evil.

I release my appetite and familiarity with the evil one.

For thine is the Kingdom, and the power and the Glory forever.

I release my personal possessions, properties, fame, and strength to embrace all that is You.

When we release all these things life becomes much simpler. Even when things are difficult we find rest and release.

- So you are finding yourself in a lonely place? Good. The divine presence of God has been wanting to say something to you.
- So you are financially ruined? Good. Perhaps you are here to discover how illogical reliance on money really is.
- So you are exhausted? Good. It's time to rest. The rest of Christ is the best rest you can have. Breathe. Drink deeply. Find rest for your soul.
- So you are feeling tested? Good. God is setting you up for greater stewardship.
- So you are grieving? Good. God is giving you a glimpse of the cross and his sorrow over lost humanity.
- So you are angry? Good. As long as you are angry about the right things. If you are, knock a few tables over.
- So you are empty? Good. This could be the perfect time for the Holy Spirit to rush into the void.
- So you are confused? Good. There's no better time to cry out to God.
- So you can't sleep? Good. Now is the time to be awake and listen.

Life becomes a celebration and a conversation with our Creator if we are willing to surrender everything over to Him. The other option is to keep striving when transformation and rest is waiting at arm's length if we would only surrender.