"Serenity Through Surrender" The Lord's Prayer Part 3

Prayer provides Focus and Clarity

Prayer helps you understand God's will

Prayer helps you make the right decision

Prayer gives you direction

Prayer helps you alleviate anxiety

Prayer helps you be present

Prayer provides power to avoid temptations

Prayer is a powerful tool to advocate for others

Prayer provides confidence

Prayer develops and strengthens your

Relationship with God

Three Categories of Stress:

- Uncontrollable circumstances
- Uncooperative people
- Unexplainable Pain

Matthew 6:10 "Thy kingdom come, thy will be done on earth as it is in heaven."

The Way to <u>Diminish</u> stress is to <u>surrender</u> 'that' situation <u>to God</u>

Matthew 6:10 "Thy kingdom come, thy will be done on earth as it is in heaven."

The <u>Kingdom of God</u> is <u>wherever</u> <u>Jesus</u> is <u>King</u>

"Thy kingdom come, thy will be done on earth as it is in heaven,"

Surrendering to Jesus means Letting Go Of Control

Psalm 46:10 God's Word Translation
"Let go and know that I am God. I rule the nations.

I rule the earth."

Psalm 46:10 NIV "Be still and know that I am God."

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, the wisdom to know the difference..." "Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking as Jesus did this sinful world as it is, not as I would have it; trusting that you will make all things right if I surrender to your will so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen." Reinhold Niebuhr

Romans 8:6

"So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."

Surrendering to Jesus means Learning to be Content

Philippians 4:11-13

"....for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do everything through him [Jesus] who gives me strength".

Psalm 37: 7 God's Word Translation
"Surrender yourself to the Lord and wait patiently for him."

Surrendering to Jesus means Laying **Down** My **Plans**

Romans 6:13

"Give yourselves to God, surrender your whole being to him to be used for righteous purposes."

Matthew 6:33

"God will give you all you need from day to day <u>if</u> you live for him and make the kingdom of God your primary concern."

Surrendering to Jesus means Leaving the **Future** to God

Proverbs 3:5-6

"Trust in the Lord with all your heart. And lean not on your own understanding. In all your ways acknowledge him and he will make straight your paths."

Surrendering to Jesus means Leaving the Future to God

Palms 37:18-19

"The Lord takes care of those who obey him and he gives them eternal rewards that last forever. They will survive through hard times and will have more than enough even in the time of famine."

Matthew 10:29-30

[Jesus said] "But let me assure you that no one has ever given up anything... for love of me and to tell others the Good News, who won't be given back, a hundred times over... and in the world to come he shall have eternal life."