

Four Movements of Conscious Surrender
In the “Our Father”
Father James Chelich – August 2019

There are four “movements” of conscious surrender in the Our Father – four moments when we are invited to personally “plug in” to what we are saying and to Whom, four moments when we are prompted to make an explicit change in our attitude toward God and our life. I like to think of them as four gates that we open to God and to the day we are living in. The image of the four “gates” is important to me. I am always conscious of opening them every time I pray the Lord’s Prayer.

Thy will be done. Lord, I surrender my expectation of any one or for anything. Cure me of the blindness they bring. I want to be fully open to the possibilities you want to unfold in me and around me. Give me eyes to see them and a willing spirit to engage them.

Give us this day our daily bread. Lord, release me from my preoccupation with what is going to happen next week, next month and next year. They don’t exist. Place me in the present. I ask only for what I need to be fully effective in this given day and the given moments in it. I want to be fully present to the moment and the people in it. Pull me out of tomorrow, next week and next year and place me in the present day and each given moment. Give me what I need to engage it.

Forgive us our trespasses as we forgive those who trespass against us. I release my unforgiveness of anyone who has injured or offended me. I will not hold them in resentment in my mind or my heart. When anger, resentment or bitterness try to intrude, pull them out. I want to live this day with a clear mind and an open heart. Pull those who have offended me out of my brain where I have chained them to torment me.

Lead us not into temptation, but deliver us from evil. You know my weaknesses and my vulnerabilities. I release my proud attitude that I am in control of everything. Take firm hold of me and steer me clear of trouble. Give me a compliant will. And if I should wander into temptation, pull me out of harm’s way as soon as I call on your name.