

Surrendering to God is central to the Christian life—and yet we rarely talk about it.

We avoid it, misunderstand it, and underestimate its power. We don't teach people how to surrender their lives to God. And we don't make it clear to them how happy they would be if they did.

Ignoring the wisdom of surrender is an enormous mistake—and this mistake is causing us stress, anxiety, exhaustion, and so many of the things in modern life that we long to overcome.

It's time for a new approach. Surrender is the path to peace and the antidote for our anxious age. Right now is the perfect time to give God your plans, your worries, your trials, and your dream.

~~~Retrieved from Matthew Kelly at [dynamiccatholic.com](http://dynamiccatholic.com)

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Surrender is the most intimate act a human being can participate in. Far from diminishing us, it ennobles us, expands our hearts, and elevates the human experience. Know the God you are surrendering to.

You wouldn't surrender yourself to someone you didn't know. That isn't faith, it's foolishness. The more you get to know Him, the more you will realize that the only sane thing to do is to surrender your life, and indeed, your whole being to Him unreservedly and without hesitation.

Who is this God to whom we are surrendering? Exodus 34:6 answers this question: "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness." John 14:6 adds: "the way, the truth, and the life." 1 John 4:8 completes the answer with: "God is love."

This love manifested in Our Lord Jesus Christ. By His grace that this intimacy, this surrender is even possible. Keep in mind that surrender is not a one-time event. Progress can only be measured over time. . Surrender is a profoundly intimate act. It happens in the quiet depths of the soul. It will transform you and every part of your life in ways you cannot even begin to imagine. *Trust. Surrender. Believe. Receive.*

The **Five Levels of Surrender** offer a simple framework to understand spiritual progression. They help us see where we are, where God is inviting us to grow, and how grace transforms the heart over time.

This path is not about perfection—it is about openness. Become more available to God, more receptive to grace, and anchored in the freedom that comes from handing everything over to Him. Find the one small step you should focus on at the moment and apply it to your life. Wherever you find yourself today, God is there with you, gently inviting you to take the next step toward complete surrender. Little by little. One step at a time.

Level One: Exploring Surrender At this stage, a person becomes aware of their desire for a deeper spiritual life but still holds tightly to control. They are curious, reflective, and beginning to notice the areas where self-reliance limits grace. This level is marked by awakening, an honest exploration of what surrender might look like.

Level Two: Emerging Surrender Here, a person begins experimenting with letting go in small, intentional ways. They start surrendering isolated decisions, fears, or situations and experience their first glimpses of the peace that comes from yielding to God. Trust is growing but still fragile. This is the stage of movement, where desire becomes action.

Level Three: Practicing Surrender At this level, surrender becomes part of daily life. A person recognizes the patterns that keep them from God and actively chooses trust over control. They practice releasing outcomes, submitting their will, and inviting God into ordinary moments. Growth accelerates as surrender becomes a habit rather than an exception.

Level Four: Living in Surrender This stage reflects a stable, consistent disposition of trust. A person sees God's hand in every circumstance and responds with humility, openness, and peace. Surrender is not merely practiced; it becomes the natural posture of the heart. The person lives with a deep sense of alignment between God's will and their own.

Level Five: Complete Surrender This is the rare and holy state where a person entrusts every part of their life to God—past, present, future, as well as their hopes, fears, relationships, and outcomes. Their identity is rooted in God alone. They live with profound freedom, unshakable peace, and a radiant willingness to follow wherever God leads. This is the fullness of surrender: nothing held back.

Pray often: *"Lord, I trust You beyond my understanding."*

Practice radical availability—*"Here I am, Lord."*

Obedience flows naturally from love rather than obligation. Growth Area: God may be inviting you into hidden obedience with no visible fruit. *Say yes without needing affirmation or feedback.*

You may need to receive as generously as you give. *Allow someone else to serve you without resistance.*

Concern for the suffering of others may weigh heavily on your heart. *Entrust the world to God each day, not just your corner of it.*

Temptation toward spiritual self-awareness or comparison can arise. *Remain hidden. Choose simplicity.*

Even holy thoughts can distract from being with God Himself. *Practice loving attention, be with God rather than thinking about Him.*

If invited to walk in faith without understanding **why**, *continue forward without seeking explanation.*

Deep fatigue can still surface quietly. *Receive rest as a form of obedience.*

Eternity shapes your values, priorities, and loves. If invited to see results in this life, *Offer your life to God anew each morning, without conditions.*

*It's time to give God your plans, your hopes and fears, your timing, and your need to control. You will be amazed what God gives you in return.*

## **YOUR PRAYER**

*Father, All that I am is Yours. Keep me small, keep me grateful, keep me available.*

*If I begin to measure what should only be received, gently take even that from me.*

*Let love be my only motive, and Your will my only desire. I entrust to You my past, my present, my future, placing my very being into Your hands.*

*Remain in me and let Your life flow through mine.*

*Amen.*