



Surrender Novena Day 6

Submitted by: Tekla Bedwell, Foundation 3 Pro Instructor

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or Kneeling):

Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to you.² Have mercy on us, and be with us today as we contemplate surrendering to you.

INTRODUCE TOPIC & SCRIPTURE: Matthew 19:30 "But many who are first will be last, and the last will be first."

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE (Based on Surrender Novena) "O Jesus, I surrender myself to you, take care of everything!"

MEDITATION: "You are sleepless; you want to judge everything, direct everything and see to everything and you surrender to human strength, or worse- to men themselves, trusting in their intervention; this is what hinders My words and My views. Oh how much I wish from you this surrender, to help you; and how I suffer when I see you so agitated! Satan tries to do exactly this: to agitate you and to remove you from My protection and to throw you into the jaws of human initiative. So, trust only in Me, rest in Me, surrender to Me in everything."³

RESOLUTION: (Re-read Scripture.) How have I let human initiative overrule God's desire for my life, which is simple surrender to Him? Is there an invitation from Him in which I can relax the grip I hold on my work, my status, my relationships, or my circumstances, saying again, 'O Jesus, I surrender myself to You, take care of everything!' (10 times)

ENDING PRAYER (Kneeling): Lord, we thank you for this opportunity to be able to come together- to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Queen of Heaven: pray for us; St. Joseph: pray for us; St. Mother Theodore Guerin, pray for us; St. Faustina, pray for us.

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ The Surrender Novena Given by Jesus to Fr. Dolindo Ruotolo

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

