



## Saying 'Yes' to God: Loss and Surrender -- Suggestions for further reflection

What has been your experience of letting go throughout life?

Where are you being invited to surrender?

Where are you noticing any resistance?

Where do you carry grief for the losses of your life? Write a letter or poem to them, expressing your feelings about them

From where is any anxiety about your life coming? How is it impacting your quality of life, your relationships, your trust in God?

How has your 'Yes' to God changed over the years?

How do you view the final surrender—death? Write your obituary, noting the values of your life and your hopes of how you will be remembered.

“O God, you have taught me from my youth, and I proclaim your wonders still.  
Even till I am old and gray-headed, do not forsake me, O God.” Ps. 71:17

“I am the servant of the Lord. Let it done to me as you say.” Lk 1: 56

I am of the nature to grow old. There is no way to escape growing old. I am of the nature of have ill health. There is no way to escape ill health. I am of the nature to die. There is no way to escape death. All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

Thich Nhat Hanh



## Palms Down, Palms Up

Close your eyes. Rest your hands on your knees with your palms down. Breathe deeply and slowly, inviting the Spirit of God in with each breath.

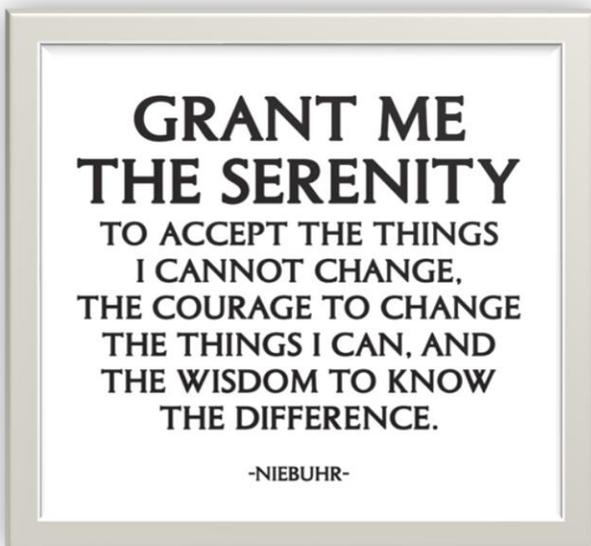
Your hands with the palm down indicate your desire to turn over any concerns, worries, anxieties, fears to the God who loves you. Let any anxieties or anger come to mind and into your feelings. Then, hand them over to God in a prayer like: "Loving God, I give you my worries about..." Whatever is weighing your spirit down, palms down, release it as if you were dropping it into God's hands.

When you handed over each item to God, turn your hands palms up as a sign of your desire to receive from God. Ask God for the graces you need now.

Finally, rest in God's presence. Listen. Attend to God's Spirit speaking from the depths of your heart. If images or guidance come, well and good; if you find only calm silence, be content. Thank God for this time and the gifts you received.

How have your beliefs about yourself, about life changed during this pandemic?  
What has become essential to you now?

Life is like a roller coaster. Draw the twists, turns, ups, downs of your life, noting specific events. Bring any painful memories to God for healing; express your gratitude for the blessed moments.



What in my life must I accept?

Where do I need courage to change a difficult situation?

Pray for the wisdom you need at this time.