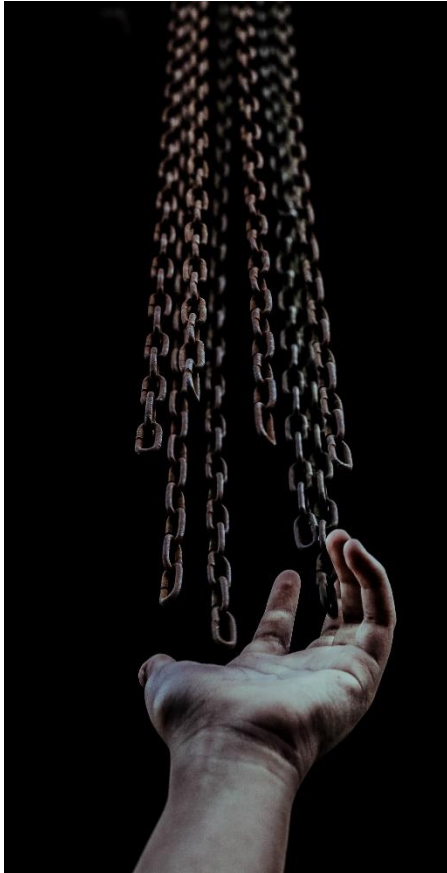


## Prayer Corner 9

### Prayer of Relinquishment

by Gina Williams

*My son, give me your heart,  
and let your eyes observe my ways  
Proverbs: 23:26*



In Montgomery Ministries worship services, we often used this prayer by Richard J. Foster, from his book, *Prayers from the Heart*. We occasionally said it collectively as a prayer of confession, and sometimes as an opening prayer.

You can access this prayer and thoughts about it on this link:

<https://healthyspirituality.org/prayer-of-relinquishment>

I like that it covers everything I worry about, all the things I want, and releases them from my head and hands into God's care. To stop worrying, to give up trying to control, is so hard. This prayer I should pray every morning. Having said that, I will.

For a lovely song to complete your prayer meditation, listen to [\*Just as I Am\*](#) by Alan Jackson.

Google "Just as I Am" sung by Alan Jackson. I like the option with the video of nature scenes and lyrics.

*May you be blessed as you read, listen, and pray.*

Image - zulmaury-saavedra-Unsplash