



"Lord Jesus Christ,  
I commit myself and all that I have into  
your hands this day.  
Specifically, I relinquish to you afresh this day  
(insert names, issues)  
my anxieties, my indictments, my sorrow,  
my betrayals concerning them.

I relinquish them into your hands,  
you who love them far better than can I.

Protect them this day from the evil one without,  
and from their own brokenness within.  
Draw them, I pray, even deeper into the  
orb of your love. Amen."

(After taking the time to "drop" and "relinquish"  
with palms facing upward to receive:)

"Lord Jesus Christ,  
Into every space in my being vacated by my  
dropped indictments, sorrows, and concerns,  
I ask you to come, in the presence of your light,  
your love, and your peace.  
Fill each nook and cranny in my being with yourself.  
Amen."