

The Prayer of Abandonment

By Charles de Foucauld

***Father, I abandon myself into your hands.
Do with me what you will.
Whatever you may do, I thank you.***

***I am ready for all. I accept all.
Let only Your will be done in me,
and in all your creatures.
I wish no more than this, O Lord.***

***Into your hands I commend my soul;
I offer it to you with all the love of my heart,
For I love you, Lord, and so need to give myself,
To surrender myself into your Hands,
Without reserve, and with boundless confidence,
for you are my Father. Amen.***

Three Ways to Meditate on the Words of this Prayer:

1. Imagine placing yourself completely into God's hands and why.
2. As you pray, abandon your loved ones, and any situation over which you have lost control. There is no better place to leave them.
3. Pray it as if God is talking to you and focus on His love and trust in you.

***"And the peace that passes all understanding will guard
your heart and mind in Christ Jesus."
(Philippians 4:7)***

*Taken from "A Sacred Walk"
By Donna M. Authers*