

Monthly Anchor Prayer (say daily): “Change me, Divine Beloved, into one who lives in Spiritual Surrender. I release control and let You take the lead.”

Week 1: The Illusion of Control (June 1–7) Focus: Becoming aware of where we grip too tightly.

- June 1:** Notice one area where you’re trying to control an outcome today. Breathe and say Week 1 Change Me Prayer.
- June 2:** Practice “open hands” meditation for 5 minutes (sit with palms up).
- June 3:** Identify one worry and consciously offer it to the Divine.
- June 4:** Take one small action you’ve been delaying and surrender the result.
- June 5:** Journal: “What am I afraid will happen if I let go?”
- June 6:** Do something playful that reminds you that life doesn’t need to be controlled.
- June 7:** Review the week. Say the Week 1 prayer out loud with feeling.

Week 1 Change Me Prayer: “Change me, Divine Beloved, into one who sees the illusion of control. Change me into one who gently releases my grip on outcomes and trusts in Your greater wisdom.”

Week 2: The Power of Spiritual Surrender (June 8–14) Focus: Experiencing surrender as strength, not weakness.

- June 8:** Morning intention: “I choose Spiritual Surrender today.”
- June 9:** When stress arises, silently say “I surrender this.”
- June 10:** Read a short passage from *Outrageous Openness* and reflect.
- June 11:** Surrender one specific desire or expectation.
- June 12:** Practice gratitude for things you cannot control.
- June 13:** Do a “letting go” ritual (write something on paper and safely burn/tear it).
- June 14:** Celebrate one way surrender has brought you peace this week.

Week 2 Change Me Prayer: “Change me, Divine Beloved, into one who truly understands the power of Spiritual Surrender. Change me into one who lets go with an open heart instead of fear or force.”

Week 3: Surrender in Daily Life (June 15 – 21) Focus: Bringing surrender into ordinary moments.

- June 15:** Choose one daily activity (driving, cooking, emails) and practice surrender while doing it.
- June 16:** In a conversation, surrender the need to be right or in control.
- June 17:** Surrender one financial or work-related worry.
- June 18:** Practice patience in a situation that usually frustrates you.
- June 19:** Offer your body and health into Spiritual Surrender.
- June 20:** Do one kind act with no attachment to how it's received.
- June 21:** Reflect on how surrender is changing your everyday experience.

Week 3 Change Me Prayer: “Change me, Divine Beloved, into one who practices Spiritual Surrender in my everyday life. Change me in my relationships, my work, my decisions, and my thoughts.”

Week 4: Led by Spirit (June 22 – 28) Focus: Listening and following divine guidance.

- June 22:** Spend 10 minutes in silence asking, “What do you want me to know?”
- June 23:** Notice synchronicities or gentle nudges throughout the day.
- June 24:** Follow one intuitive impulse you might normally ignore.
- June 25:** Journal: “Where is Spirit leading me right now?”
- June 26:** Practice the Week 4 prayer before making any decisions.
- June 27:** Walk in nature and listen for inner guidance.
- June 28:** Share a story of being “led by Spirit” with someone.

Week 4 Change Me Prayer: “Change me, Divine Beloved, into one who is joyfully led by Spirit. Change me into one who hears Your still small voice and follows with trust.”

Week 5: Living in Sacred Flow (June 29–30) Focus: Embodying surrender as a way of life.

- June 29:** Visioning exercise: “What does my life look like lived in Sacred Flow?”
- June 30:** Closing ritual — write a letter of commitment to Spiritual Surrender and place it on your altar or in a special place.

Week 5 Change Me Prayer: “Change me, Divine Beloved, into one who lives in Sacred Flow. Change me into one who embodies Spiritual Surrender as a joyful way of life. I am open. I am yielded.”