

# The Surrender Box

Control is a Major Compulsion  
for the Average Person

*A Day Retreat for Learning  
to Let Go and Live*



A Surrender Box is a small box with a removable top. It is sacred. We place inside it the names of people we wish to give to God. We surrender our powerlessness over these people to God. We also place any issue we have with life into the box and surrender it to God; whether it be financial, relational or a health issue. We let go and stop trying to control the reality of life.

Think about it. Does life present all sorts of obstacles to our happiness or do we create the obstacles by trying to control life? Many people think that if they could just control everyone and everything in life, they'd be peaceful and happy. But the opposite is true: If we could just accept everyone and everything we can't control, we'd be peaceful and happy.

Acceptance and surrender go hand in hand. Accepting that we can't change a certain reality or person allows us to surrender. God then takes our compulsion to control and we can breathe again. Our shoulders slump restfully, and our anxiety fades away. We feel lighter and more peaceful, brighter and happier from within ourselves.

Building our own Surrender Box allows us to let go. We simply name on paper those things and people we are powerless over, place them inside our surrender box, close the lid and give them to God. We let go of control so God can take control. We relax. God does the work. What could be better?

This retreat will give you the chance to create your own Surrender Box and to begin the prayer and practice of letting go and living life again. Cost of this retreat, including lunch, is \$35.



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**Redemptorist Renewal Center  
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**Call 520-744-3400  
for reservations.**

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