



## Chapter Eleven

*From Struggle to  
Surrender*

*Do not hide suffering from His sight, but gladly  
bring it to Him. Lay before His eternal sanity all your hurt,  
and let Him heal you.*

A Course in Miracles, T-13...III.7:3-4



**Struggle is inner conflict caused by a belief that life is inherently difficult.** The belief that we must struggle to survive and to succeed can come from religious teachings, family culture, or from a personal history of great challenges. Struggle posits one person against the world or one person against another. The mere word conjures images of conflict and battle. We struggle *with*, struggle *against*, and struggle *for* whatever we are trying to achieve or win over.

The belief in struggle

- immediately discounts or dismisses any easier way to approach life,
- presupposes that we have to work extremely hard for things to go our way, and
- assumes that we need to endure pain and suffering – as much and as often as necessary – or the outcome of our labors will be less than desirable.

To struggle is to view life as a series of problems. This need not be! Life doesn't have to be one long continuous fight. It can be so much easier if we are willing to try a different way, a more spiritually powerful means to manifest the good we seek.

**The Solution**

The way of *surrender* is the key. **The path of surrender is not a *submission to* but a *release from*.** In the traditional view of surrender, we give up and submit to someone else's control or rule. When we surrender spiritually, we give our lives to God's all-loving care. We trustingly place ourselves within the perfection of a Divine Plan which is always unfolding for our good. We release ourselves from the need to navigate this life all by ourselves. We unburden ourselves from a need to know everything before it happens or to know how things can possibly turn out for everyone's benefit. So ultimately we release ourselves from any further need to worry or struggle over anything at all.

To surrender does not mean that we give up responsibility for our lives. It does mean that the responsibility is shared with a Higher Intelligence. God's perspective is infinite while ours is finite. As we give over the details of our dreams and desires to God's vision, we are placing them under the guidance of Infinite Wisdom and Love.

**Learning to Trust**

It is said in *A Course in Miracles* that God's Will for us is "*perfect happiness*." What could be difficult in surrendering to such a Will, that chooses only our perfect good and our endless joy? Even so, many of us are suspicious of God's Will; we expect that He will demand some kind of sacrifice from us instead of offering that which we seek.

**Spiritual surrender is an act of faith and trust.****It is a decision to be unburdened of mental and emotional stress and to let the Divine Will guide our thoughts and decisions in all circumstances.**

By letting go of the need to struggle, the best solutions and the wisest answers begin to reveal themselves to us. As the evidence of God's benevolence and love for us grows, so does our trust continue to grow. More and more, we learn to *relax* into the details of daily living instead of *warring* with them. In trust of surrender, we experience joy and peace beyond anything we have known.

**Practicing Surrender**

One of the quickest ways to practice the path of surrender is to begin each day with a prayer. Through prayer we can entrust every detail of our lives and those of our loved ones to Spirit.

Beyond this morning prayer, it is good to remind ourselves throughout the day that there is an easier way to do things. Many people use one or more of the following tools for remembering spiritual truth and the path of surrender.

- Affirmations
- A book of daily inspiration
- A book or formula from a 12-step program
- Scripture
- Workbook for Students in *A Course In Miracles*

All of these things are just a way to remind ourselves that life does not have to be so hard. We choose to make it that way, so we can also decide to change our approach. It is the decision to struggle or to surrender.

Struggle holds our good at a distance while we inch our way through great effort to get to it. Surrender dissolves the illusion of time and space so that our good can find us quickly. Struggle says we alone are in charge. Surrender admits that we know very little to begin with, so it is best that we ask Infinite Wisdom for every help possible.

*Learn of His Wisdom and His Love, and teach  
His answer to everyone who struggles in the dark.*

**Decide and Declare:**

*Today I surrender every detail of my life to God's holy Will of happiness for me.  
I let go of any need to struggle, and I am blessed with joy and peace.*



*From Struggle to Surrender*

*Exercise:*

Where do you struggle the most or have the greatest challenges in your life?

*Tell the story of this struggle for the last time.  
Surrender your need to struggle; give it to God that  
you may be free to let life flow with ease and grace.*

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