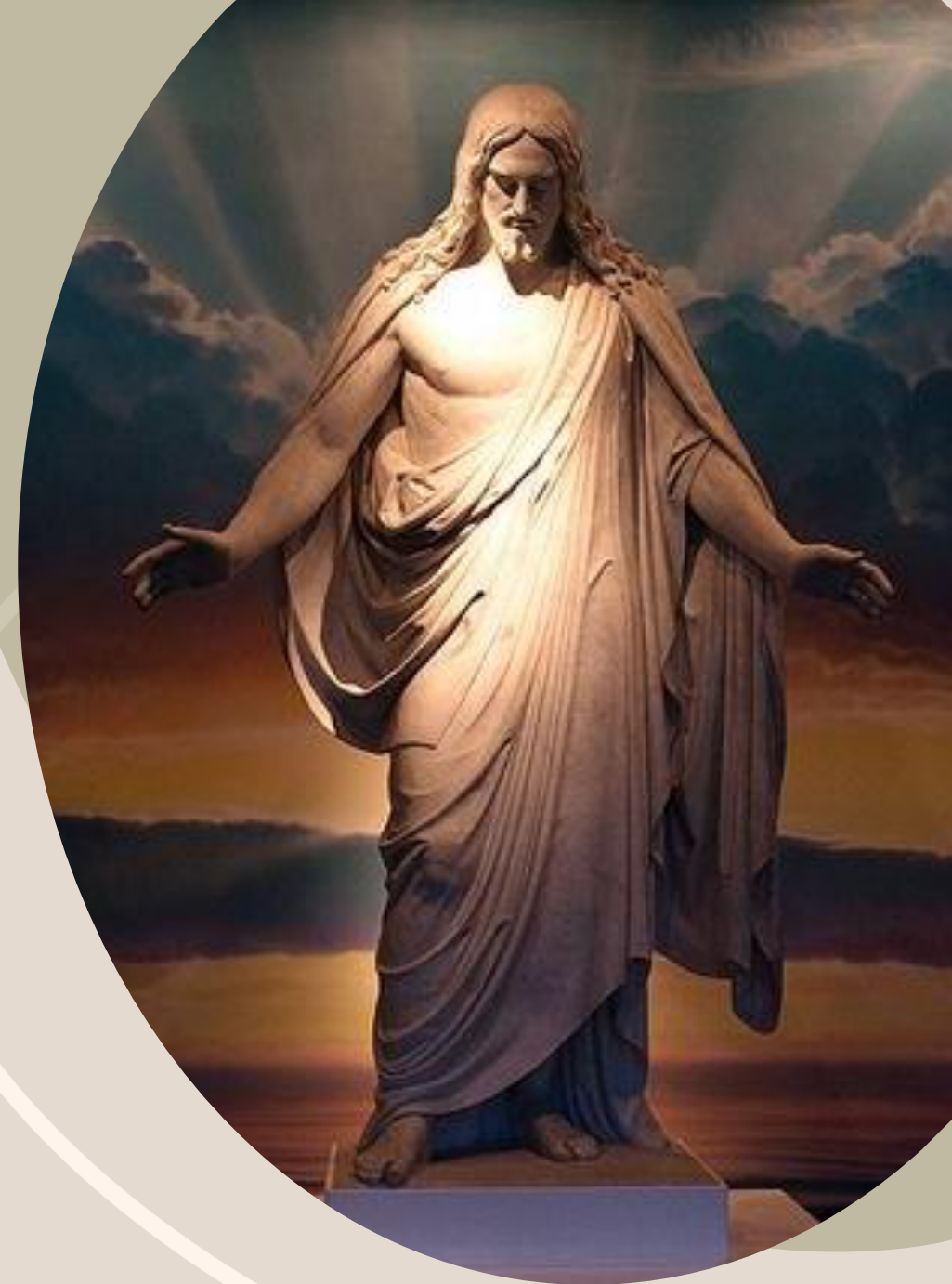




Laying It All At The Saviors Feet:
Finding Peace Through Trust In
Christ

This session will explore the transformative power of surrendering our burdens to Jesus Christ.







“I was prompted to go home and plan your funeral.” -Bishop Gill

Everyone has a story or a struggle that will break your heart. And if we're really paying attention, most people have a story that will bring us to our knees.
-Brene Brown





“The Savior is our Good Samaritan, sent to ‘heal the brokenhearted’ [[Luke 4:18](#)]. He comes to us when others pass us by. With compassion, He places His healing balm on our wounds and binds them up. He carries us. He cares for us. He bids us, ‘Come unto me ... and I shall heal [you]’ [[3 Nephi 18:32](#)].”⁸

—Elder Neil L. Andersen of the Quorum of the Twelve Apostles

Bible Stories

1. The Woman Who Washed Jesus' Feet (Luke 7:36-50)

A woman, known as a sinner, came to Jesus while He was dining with the Pharisees. She wept, washed His feet with her tears, dried them with her hair, and anointed them with oil. This is a beautiful example of completely surrendering to Christ—she laid down her sins, her reputation, and her pride, trusting in His mercy. Jesus told her, “Thy faith hath saved thee; go in peace” (Luke 7:50).

2. Peter Walking on Water (Matthew 14:22-33)

Peter stepped out of the boat in faith, walking on water toward Jesus. But when he looked at the storm around him, he began to sink. In desperation, he cried, “Lord, save me.” Jesus immediately stretched forth His hand and lifted him. This shows that even when we waver in faith, turning to Christ allows Him to lift us from sinking.

3. The Garden of Gethsemane (Luke 22:39-44)

Jesus Himself demonstrated the ultimate act of laying everything at the Father's feet when He prayed, “Father, if thou be willing, remove this cup from me: nevertheless, not my will, but thine, be done.” Even the Savior submitted fully to God's will, teaching us that surrendering to God brings divine strength.

Book of Mormon Stories

○ 4. Enos' Mighty Prayer (Enos 1:1-8)

○ Enos wrestled before God, pouring out his soul in prayer, seeking forgiveness for his sins. The Lord told him, “Enos, thy sins are forgiven thee, and thou shalt be blessed.” Enos' experience teaches that when we sincerely seek the Lord and lay our burdens at His feet, He answers with peace and forgiveness.

○ 5. Alma and the Burdens of His People (Mosiah 24:13-15)

The people of Alma were in bondage to the Lamanites, and they prayed for deliverance. Instead of immediately removing their trials, the Lord strengthened them: “I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs.” This shows that when we lay our burdens at the Savior's feet, He may not remove them immediately, but He will give us the strength to carry them.

6. The Lamanites Laying Down Their Weapons of War (Alma 24:16-19)

The Anti-Nephi-Lehies, after being converted, literally laid down their weapons and refused to fight, even when attacked. They had “washed their garments through the blood of the Lamb” and refused to take them up again.

This is a powerful symbol of surrender—when we truly give something to Christ, we don't pick it back up again.

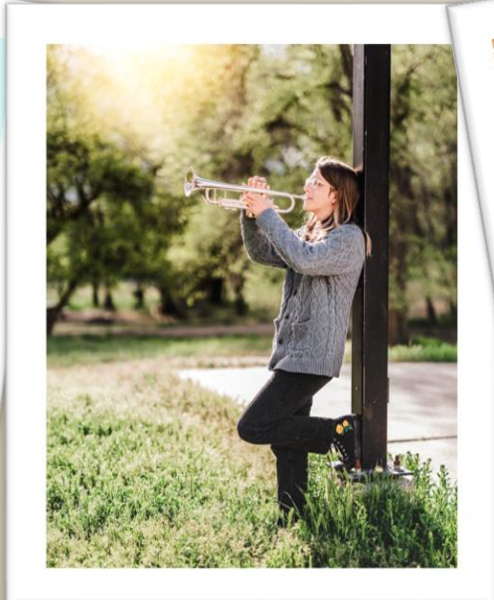
Mark 5:25-34, Luke 8:43-48



1. She had exhausted all worldly solutions – She had tried everything on her own, but nothing worked. She finally turned to Christ, fully believing He was her only hope.
2. She acted in faith despite obstacles – As an unclean woman, she risked being shunned for even being in the crowd. But she didn't let fear stop her from reaching out to Jesus.
3. She came forward in humility – She could have slipped away unnoticed, but instead, she openly acknowledged her healing and her faith.
4. Jesus responded with love and peace – Instead of merely healing her body, He affirmed her spiritual healing. Calling her daughter showed that she was accepted, loved, and made whole in every way.

How These Stories Teach Surrender

Each of these examples shows someone turning to the Savior in faith, humility, and trust—whether it's giving up sins, fears, weaknesses, or even physical burdens.



- SOMETIMES, WE CARRY BURDENS FOR YEARS, FEELING HELPLESS, JUST LIKE SHE DID.
- WHEN WE REACH OUT TO CHRIST IN FAITH, HE RESPONDS—NOT JUST WITH HEALING, BUT WITH PEACE.
- SURRENDERING MEANS TRUSTING THAT HIS POWER IS REAL AND THAT EVEN A SIMPLE ACT OF FAITH (LIKE TOUCHING HIS GARMENT) CAN CHANGE OUR LIVES.



Laying everything at the Savior's feet is an act of trust, surrender, and faith in Jesus Christ. It means giving Him your burdens, weaknesses, fears, sins, and even your hopes and desires. Here are some ways to do that:

1. PRAY WITH COMPLETE HONESTY

- Tell the Savior everything—your struggles, fears, and sorrows. Ask Him to take them from you and help you carry what you must. Prayer is not just about asking for relief; it's about deepening your relationship with Him.

2. LET GO OF CONTROL

- Sometimes we hold on to things because we think we must fix them ourselves. Trust that Christ's grace is sufficient and that He will take care of you in His way and time.

3. REPENT AND SEEK HIS ATONEMENT

- If you're carrying guilt or shame, give it to Him. He already suffered for your sins, so you don't have to carry them anymore. Accept His mercy and let yourself heal.

4. TURN TO THE SCRIPTURES

- Feast on His word to strengthen your faith. The more you understand His love, the easier it is to trust Him with your burdens.

5. Act in Faith, Even When It's Hard

Surrendering to Christ doesn't mean doing nothing—it means aligning your will with His. Move forward in faith, even when the path isn't clear.

6. Rely on the Sacrament

Each week, the sacrament is an opportunity to renew your covenants and symbolically place your struggles at His feet.

7. Seek the Power of the Temple

If possible, attend the temple often. It's a place of peace where you can receive clarity and strength.

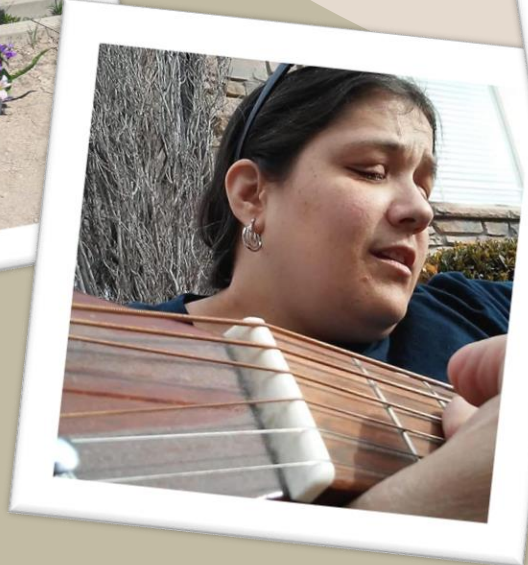
8. Be Willing to Accept His Will

Sometimes we want to surrender, but we still hope for a specific outcome. True surrender means trusting that His plan is better than ours, even when we don't understand.

Laying everything at the Savior's feet is a process, not a one-time event. He invites us in Matthew 11:28 to “Come unto me, all ye that labour and are heavy laden, and I will give you rest”. That rest comes as we continually turn to Him.

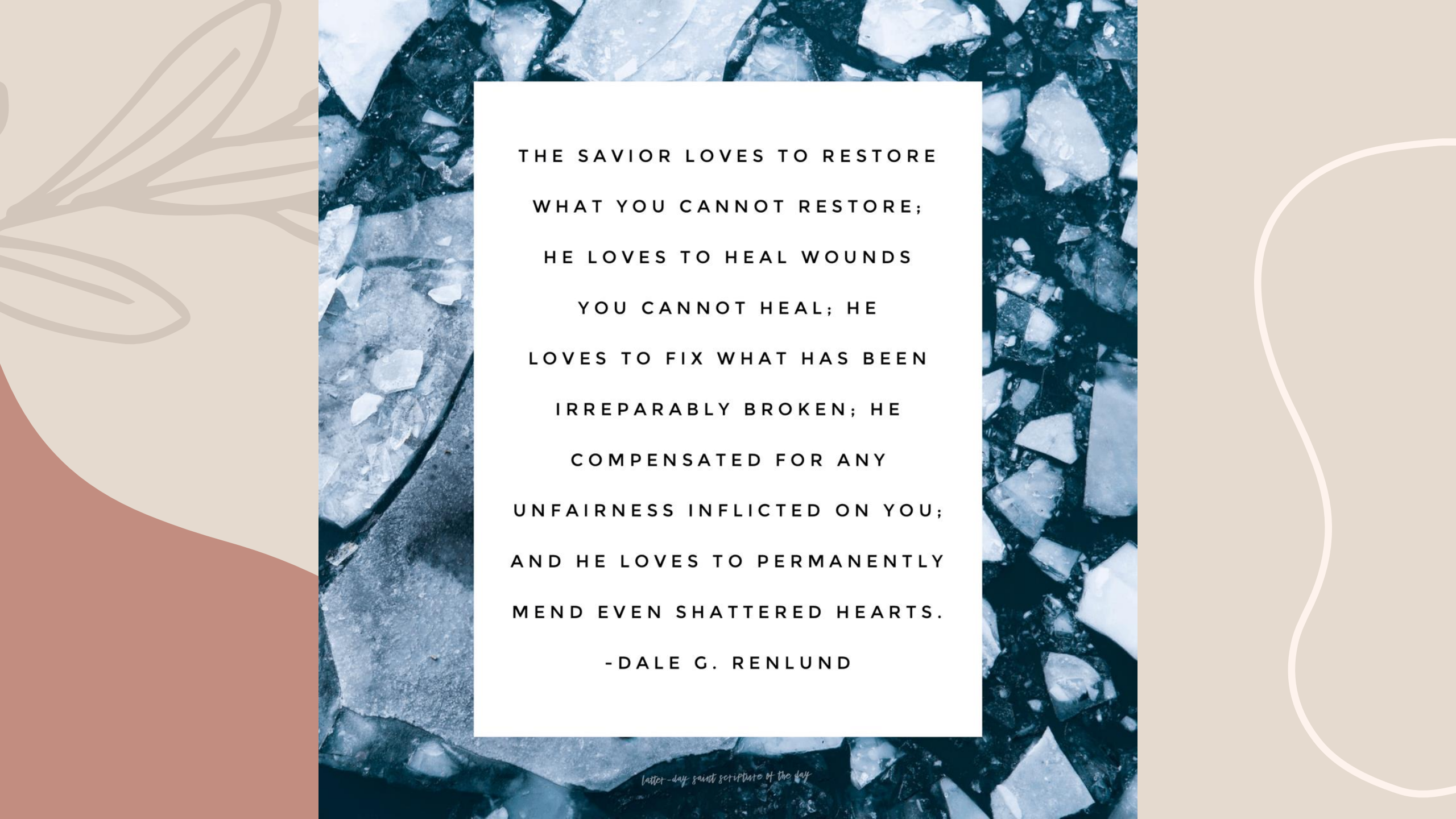
Journaling Can Help

Write down an experience where you felt Christ lift a burden.
If you struggle to recognize one, I invite you to pray and ask,
“When have I felt the Savior help me?”



THE SAVIOR'S FEET





THE SAVIOR LOVES TO RESTORE
WHAT YOU CANNOT RESTORE;
HE LOVES TO HEAL WOUNDS
YOU CANNOT HEAL; HE
LOVES TO FIX WHAT HAS BEEN
IRREPARABLY BROKEN; HE
COMPENSATED FOR ANY
UNFAIRNESS INFLICTED ON YOU;
AND HE LOVES TO PERMANENTLY
MEND EVEN SHATTERED HEARTS.

-DALE G. RENLUND