



SACRED
SURRENDER

*The Practice of
Waiting Well
with God*

JAI ME
JAMGOCHIAN



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INTRODUCTION

Whether our paths have crossed at a concert or a women's event in the last twenty years, or you have been listening to my music for decades or days, or we're meeting for the first time ... THANK YOU for picking up this book. I've never believed that anything is coincidental, but rather, everything happens by divine appointment. So, I believe that is how you stumbled upon this book. I am thrilled to know you will be diving into the pages ahead. If I am being really honest, I never thought I would be writing a book, but after years of watching God's plans unfold completely different from how I envisioned they would, I am excited to put words and thoughts on paper and in a format other than song lyrics.

My greatest prayer is that these chapters, filled with my personal journey of faith, real-life stories, and hopefully some wisdom I have gained along the way, will help you recognize that you are not alone as you navigate the great wait and the in-between seasons of life. I pray your heart is encouraged and challenged, and that you find yourself growing in deeper intimacy with the Lord as you turn every page. I hope that you find much of your own story along the way and that we can walk out this crazy, amazing faith journey together.

The greatest faith action I have learned through the low valley seasons as well as the mountaintop seasons is to worship in the waiting and truly grasp the art of surrender. I remember hearing the word “surrender” as a new follower of Christ in my early twenties and thinking, *Well, that’s easy! You just give everything to God, right?* I quickly realized that a truly surrendered life unto Him is not all butterflies and roses. Actually, there are times when it will feel more like dragons and thorns as we fight the enemy along the path we are called to take. It will require sacrificing our own flesh and our old ways of thinking. Choosing not to place trust in our own plans is a heart posture of obedience. It takes time, practice, patience, and work, just as anything in life does, to learn how to wholeheartedly surrender. Sometimes it will take all you have to just keep standing when everything inside of you wants to disappear to a sunny ocean island where all your cares of this world can fade away, even if for a brief moment.

After long seasons of believing and waiting for precious promises from God to come to pass (that have yet to), I realized that it was time to start living to the fullest in the in-between and empty places. It has become my life mantra that it is still possible to find joy and live fully

even in the most barren places. I finally booked the dream trip solo, recognizing that Jesus is the best date since He knows the deepest desires of my heart. I finally started seeing myself through His lens instead of how the world perceives me. Although I have had the honor of achieving career goals and dreams, that has not come without a cost. But that is all part of this walk of faith. Trials will threaten to knock us down from time to time, but we can choose whether they crush us or refine us.


When I first began to walk out this journey of faith in Christ, many of my lifelong dreams started to happen very quickly. I was a jazz pianist studying at Berklee College of Music when I met the Lord, and soon after, my heart and song completely changed. All I wanted to do was sing for Him. I literally lived out the message of this book very early on in my walk. Even though I always envisioned myself recording, touring, and signing to a label, I laid those dreams down when I came to faith in Jesus. I wanted to know Christ more and be a true disciple of His. That became my soul focus and one goal. When I graduated college, instead of heading to LA or NYC like most of my music-loving peers, God placed it on my heart to move to Seattle to attend a two-year Bible leadership school. It appeared backward career wise, but I continued to feel that tug of the Spirit, and in obeying His lead, I learned my first act of complete surrender. *“Not my will, Lord, but Yours be done”* was my true heart’s cry.




All I wanted to do was sing for Him.



I mean, Seattle, Washington, was not really a hub of music in my eyes, but God had a greater plan. He always examines the heart and is most concerned about who we are becoming over any career status or earthly achievements. I came alive in Seattle, learning all about the Bible and ministry. I started to lead worship for the first time and genuinely fell in love with it. I also realized the songs I wanted to sing were songs for Him. I can honestly say I had laid down all of my former dreams on the altar and was completely content serving the Lord at this incredible church He had brought me to. My heart was fully surrendered, and I believe that is where God always begins His best work. Before I even had time to process it all, I was signing my first Christian record deal, releasing music, and going out to tour in His way, His time, and His plan. Surrender is a sacred and holy invitation from the Lord and for our highest good. It is an act of true worship to lay down the things that we hold most dear, willingly put our hearts in the Lord's hands, and say, "It's all Yours, Jesus. Take my life and let it be a sacrifice of praise unto You."



*Surrender is a sacred and holy invitation
from the Lord and for our highest good.*



Maybe you're reading this while feeling stuck in a specific area of your life, or maybe your heart is discouraged as you are in what seems

to be a never-ending cycle of praying for breakthrough. Or perhaps you feel like you have surrendered the same thing to Jesus over and over, but truthfully, you're still holding on to it. We will chat about that in the chapters ahead. I hope to offer you practical tools and guided prayers as you navigate those waters. You see, just like many of you, I may have some life experience in this area, but I am still quick to forget. I must remind myself and pull my heart back in a posture of surrender often.

We will dive deep into seasons of waiting and the in-between. Why, you may ask? Because waiting is a universal struggle. We are *all* waiting on something. When you search *#waiting* on Instagram, you will see that it has more than nine million hits. Our life can seem hijacked, and prayers can seem to go unanswered. Everyone experiences the in-between waiting seasons at some point. I hope these pages will show you how to wait well by changing the lens from only seeing the difficult parts to trusting in God's holy work.

There is a phrase I clung to during one of the most challenging seasons of my life, and still do: "If it's not good yet, then maybe God's not done yet." I have learned that the very nature of our God is that He is good, so as we begin to change the filter through which we see things, then our everyday lives become a lot more beautiful, especially in the waiting.



*"If it's not good yet, then maybe
God's not done yet."*



Before you start reading this book, would you do me a favor and open your hands to God like you are receiving a gift? Close your eyes and take a moment to take a deep breath. Our lives can become so full and cluttered at times that we forget to practice thoughtful breathing. Now, release anything to Him that immediately comes to mind that is weighing you down or distracting you. If I were sitting next to you right now, I would sing the chorus of my song “Release.” I put the words below and hope that they will bring your heart peace as you continue to surrender it all to Him.

*Release rest and let it go trusting in His perfect plan
And breathe 'cause He is in control
Surrender is the path to peace
Release.¹*

As you begin to dive into the pages ahead, pray this prayer with me: “God, would You speak to my heart through this book and show me how to live a sacred surrendered life unto You.”

Surrendered together,
Jaime Jamgochian

A decorative border of stylized leaves and flowers in shades of gray surrounds the text. The border is composed of various leaf shapes, some with small circular accents, and a few flower-like motifs. It frames the central text from the top, bottom, and sides.

Chapter 1

WHEN HARD BECOMES HOLY

When I heard the words “Lyme disease” come out of the doctor’s mouth, I sat in complete shock. How was that even possible? Doesn’t that come from a tick bite?

I didn’t recall getting bit. I strongly dislike camping (mainly because of bugs!), and I would rather book a hotel on the beach any day of the week. And no ... I am not a diva! The doctor explained, and tests confirmed, that however it happened, my body was starting to shut down, and my life would take a drastic turn because of this disease. The news rocked me to my core. I was confused, scared, and honestly wondered what this meant for the future I had planned out in my mind. This was certainly not part of it. A

chronic disease that affected many organs and parts of my body? How could this be happening?

Have you ever found yourself in a shocking moment like mine? Whatever your diagnosis, dream deferred, or dreadful news, no one is ever fully prepared. We never see it coming, right? I mean, I had maintained a healthy lifestyle prior to this diagnosis, so this was impossible to predict. I know people who eat fast food every week who appear to be healthier than me.

Have you ever found yourself in a similar situation? Maybe it was a relationship that went sour or someone who deeply wounded you. Maybe it was a dream you worked so hard to build that ended up crumbling. Are you the woman who shows up at every baby shower to celebrate your friends but still longs for a child of your own? Or are you the girl who has been a bridesmaid twenty-seven times but not yet the bride? I feel the pain you are experiencing. The pain of the “in-between, hanging out in limbo, feels like it will never end” season. But I have an important question to ask you: Are you *STILL standing*? If so, I bet you have a little more strength and a little more grit than you did before the trial that intended to break you actually forged a fire inside that wouldn't have been there otherwise.

This journey of faith is not easy. Then again, we were never promised easy. However, this faith journey, with every high and every low, is absolutely worth it. You see, it was not long ago that I came out of a season in which everything that could be stripped from me was taken away. YET, I am still standing and learning every day how to truly surrender. I believe you, too, will be standing with a new posture and surrendering like never before until

your own in-between season or difficult circumstance has passed. And it will pass.

Facing the Unknown

Once I was thrust into this new reality, I began doing any and all research I possibly could. I was determined to fight this and come out stronger on the other side. Here are several facts about the disease that I learned quickly. First, you don't have to remember being bitten since tick bites are small and can look like a little blackhead or freckle. Second, when you have Lyme disease you may look the same on the outside, but you will feel like you have mono mixed with the flu, along with some of the worst headaches you've ever experienced. Also, while your body is under some kind of physical attack, you might also experience neurological issues, joint pain, muscle weakness, anxiety, and depression. While symptoms can show up differently for each person, it is a very tricky and nasty disease.

While sickness is often a part of our lives, I don't believe that God is the one who inflicts disease on people. He is a good Father, and a good dad would never willingly put sickness on his child. I believe sickness is on earth because of the state of the fallen world we live in. What I do know to be true, however, is that God will use everything (and I mean *everything*) for our good. It was when I was living in this in-between place where I sensed God inviting me in to one of the hardest seasons of my life and, paradoxically, one of the most holy. This was the beginning of my journey of what it really meant to live a life that was surrendered to God. I thought I had been living this way, but when everything that feels "normal"

or comfortable begins to be taken away one by one, you get to see how surrendered your heart actually is. When you do not like your circumstances you have several choices: ignore them, try to run from them, or gently begin to embrace the beauty of where you are, even if it does not look beautiful at the time. This is a holy invitation to lay down all your preconceived notions about where you think your life should be and what it should look like. *Holiness* is not a word that is used much in the church anymore, but it is a setting apart from sin and being dedicated unto God. God has a way of turning our most desperate situations into the deepest places of intimacy with Him if we will allow Him to.


Now that I'm on the other side, I can confidently and humbly say that I learned how to thrive and fully live my life even while in the hidden seasons. I also learned the power of true rest, how to effectively pray, and that God is still so, so good even when our circumstances are not.

The Reality That Changed Everything


In the beginning of this journey, I tried to ignore all the symptoms and push them down ... push them away. I optimistically thought I could keep my regular tour schedule, work part time at my church, and do all the normal things I'd done before this diagnosis, until I woke up one day and could no longer function. I hit a wall. I literally reached my body's limit, and it no longer worked the way it did before. I remember lying in my bed asking, "God, why me?"

I had been traveling, singing, speaking, and pastoring people at my church and seeing them come to Jesus—why would this be

happening to *me*? Somewhere deep in my heart I believed the lie that if you serve God and surrender your life to Him, then you would be excluded from the hard trials in life. Can I be honest with you? I don't believe the church talks enough about the pain and agony Jesus endured, and how we will face our own trials and suffering if we call ourselves true followers of Christ. Believers are *not* exempt from suffering. In fact, if we are living a surrendered life to the Lord, we are more of a target to the enemy, which is why we have to stay alert and on guard. But more on that in another chapter ...



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I went from doctor to doctor and from treatment to treatment. I followed numerous health protocols regarding diet, supplements, medicine, and more. Spiritually speaking, many people prayed for me and laid hands on me. I focused on inner spiritual healing, regularly asking God if I had unforgiveness in my heart or if there was anything that might be causing my body to be sick. I begged God to heal me, but despite all I was doing, things continued to get worse.

During that time, I wish someone would've had the courage to look me in the eye and tell me this truth: "I can promise that if you embrace the hard and not-so-perfect seasons of your life, you will find Jesus in a new way and with a greater depth because of what you are walking through. You will enter into a place with Him that few others ever get to experience. This season is excruciating, but it's also an honor to walk through it with a God who will never leave your side. It *can* be holy." You see, He and I grew closer than I ever thought possible while in the trenches of the most challenging season I've ever faced. He was still with me and He was still for me in the midst of all I was going through, and that reality changed everything.

When you find yourself suffering in some way, I truly believe you walk on holy ground in the unknown, in-between places of life. Jesus becomes your every breath, your only strength, and the One who whispers, "Will you trust Me? I am still with you and for you, and even in this hard place, there is beauty to be found." Whether healing comes on earth or in heaven, He promises to heal us, and that promise is enough to rest upon. Sometimes I wonder if we want the Healer as much as we desire the healing or the Giver as much as the gifts He gives. I think it is important to ask ourselves during desperate seasons if Christ is enough. Our Christian culture here in the Western world can, at times, be more about what we can get from God instead of who He is and what He has done in our lives through His Son. We must learn that when we are sifted or pruned by the hand of God that it is not a bad thing but, instead, a way that He is drawing us even closer to Himself and causing our faith to grow in new ways.



*Jesus becomes your every breath, your
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During that season of my life, I stopped everything familiar and comfortable, including my church staff position and traveling and touring. I put a new music project on hold. I sold the condo that I owned and had recently redecorated and moved north to live with my parents in order to receive additional medical treatment and to rest and heal. Talk about a humbling season. I went from being busy to having no plans, and from singing to crying. I went from health to seeking healing, and from joy to wondering if I'd ever laugh again.

Prior to all this, I didn't know anything about the toll that chronic pain takes on your body and your mind. I salute anyone reading this who wakes up every day and chooses to live, while being in some kind of physical pain. You are my hero. The Bible says that “we have the mind of Christ” (1 Cor. 2:16) and that we are to “put on the full armor of God” (Eph. 6:13). During that season of being home and going through many treatments, I discovered something. I realized that if the enemy was able to shut my voice down through physical illness, then he would also try to shut my spirit down

through discouragement, depression, and despair. For a while, it almost worked. I had to remind myself daily that God still had a specific purpose for my life.



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The Purpose in Pain


When you go through tribulation or an in-between season, you will inevitably feel opposition. However, that opposition is not there to stop you from moving forward but to help you overcome. When we press on regardless of what we're facing, we gain ground and authority in more areas of our lives. As believers, we don't get to treat God as though He's a genie, expecting Him to answer our every prayer exactly how we prayed it. Our faith doesn't work that way. Instead, our prayer should be to do the will of our Father. My friend, we do not see things here on earth the way God sees them. Our part is to live a surrendered, holy life unto our King, and to trust Him.

So, I ask you this: What do *you* need to surrender to the Lord? Is there something or someone that needs to be brought to the foot of the cross? I know it can be painful to let go of the things we think we want or need. Sometimes it is self-pity, victimhood, rejection, or fear that we need to release. These are all distractions that can pull us away from the real meaning of our purpose here on earth: to grow more like Jesus and to extend the love we've received from Him to the people we encounter.

Something beautiful happens when He invites us into deep waters in which all we can say is, "God, I trust You." That can be a gut-wrenching statement when nothing makes sense but the truth of His love for you. Maybe you need to start declaring that out loud every day. Allowing the truth of God's Word to be heard by your ears and to sink deep down into your heart.



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I have learned that every trial has an expiration date. Things might not end how or when you want them to, but we live in times and seasons. Nothing lasts forever except eternity, but God

promises to be with us every step of the way in this life. As believers, we often pray prayers that sound like “Jesus, make me more like You,” and we sing songs with verses that say “I trust You no matter what.” So why are we surprised when the trials of life come in order for us to become more like Him? Challenges that will refine us, convict us, and change us. *Holiness* is a word you rarely hear in the modern-day church, but isn’t that the goal of running our race?

On the Road to Holy

It is the hard that makes us holy. Easy does not typically produce growth. It is difficulty that challenges us to press in to Jesus. When I had to take a sabbatical from working and receive ongoing treatments at a Lyme center in Huntington, New York, I honestly felt like my life was taking many steps backward. In the natural (world), it certainly appeared that way. Leave my familiar home to move back in with my folks? Leave a job I love? Stop doing what I am most passionate about: traveling, singing, and ministering as my career? In some ways, I felt like a teenager living at home again with my parents and relying on them to take care of me. It was HARD, and it was HUMBLING. If you are in that season right now, my biggest piece of advice would be to fully embrace it. Allow God to do the work in and through you in that broken, but beautiful, place.

James 4:6 says, “God opposes the proud but gives grace to the humble” (ESV). During a season of hard, you will most likely feel humbled in many different ways. Maybe your body won’t be able to


do what it always naturally did. This can be very humbling. Maybe you won't have the energy to keep up with the schedule you once had. That can be very humbling. Or maybe you feel like everyone is looking at you and wondering why you are walking through something so difficult. I sure felt that from time to time. You wonder what people are saying or thinking about you. That can be incredibly humbling. One of the things I have learned, though, is that a humble and contrite heart is what God seems to want the most. Maybe it is because He knows if we are not relying on our own strength and abilities, then we will be resting and relying on Him. It requires strength and focused commitment to say (and really mean), "Not my will but Your will be done, Father," when you are walking through a season that makes no sense in the natural. I have noticed something, though. Most people I know who are making big splashes in the kingdom of God and seeing good fruit in their lives all have this one thing in common: God entrusted them to walk through a hard season that caused them to be humbled in many ways. There is a pruning that happens when we are walking through a difficult situation, which causes the dead and dying things in our lives to fall to the ground and be stripped away. If you are being humbled in a particular area, do not resist it but rather lean even further into the ways that God is shaping you through that challenging time. Our roots are forced to grow deeper when things are being shaken up on the surface. Most of the time, God is cutting off the branches in our lives that are not bearing the best fruit. Yield instead of resisting and rest instead of striving if you find yourself in this place.

For some, it might require you to stop ignoring the hard, the hurt, and the pain and really bring it to the feet of Jesus for the first time. I want to encourage you to pour out your heart to Him like King David shows us in the book of Psalms. He was so vulnerable and raw before the Lord. He held nothing back.

One of the most powerful things my pastor once said to me was, “It’s okay to tell God how you really feel about something.” The truth is, He already knows everything that is going on in our hearts because He created them. He knows our thoughts before we even think them, and He knows our words before we speak them. So, pour it *all* out to Him. Then, ask Him this question: “What in this hard situation are You trying to do to make me more holy?” Sit with that thought and see how He responds.

Maybe it will be a gentle nudge or a thought that there is some type of action you need to take. Maybe you need to apologize to someone or forgive yourself. Maybe He will lead you to a scripture to stand on during your difficult season. Whatever you do, don’t stop there. Don’t give in to the temptation to set up camp in the defeat, disappointment, guilt, shame, or whatever you are facing. Allow the Holy Spirit to help you to move through it and to keep running when you feel like retreating.


You might be wondering how that’s possible when the circumstances don’t seem to be changing. Well, that, my friend, is where the real work comes in. Your heart posture will shift, your perspective will begin to change, and your surrender will cause the situation to seem lighter even while you’re still in the trenches.

 Embracing What I Never Wanted


I can share from my own personal experience that what I walked through paved the way for things that no longer mattered to be stripped away. My heart changed. I began to see Jesus in a new way ... as a friend who understood suffering and pain because He carried it all to the cross for me.

- I learned that loneliness could be turned into alone time with God.
- I learned that His presence really was more than enough.
- I learned that He is rerouting my circumstances to line up my life with His purpose.

The word I sensed in my spirit for that season that got me through was *I am rerouting you*. It still did not make sense to me at that moment, but now that several years have passed since that trial, I can look back and say, “WOW, God, You really DID reroute my entire direction.”



*The word I sensed in my spirit for that season
that got me through was I am rerouting you.*




God saw a brand-new season where I would be back in Christian music. Touring, releasing albums, and hearing my songs back on the radio. He had placed those gifts and dreams in my heart, so why couldn't He resurrect them? Let me be clear that they had *all* been stripped away and looked completely dead and over. But this is the foundation of our faith in Christ, right? He is the resurrected King who was dead and came back to life. He can redeem and restore anything He chooses. There is absolutely nothing that He cannot make new.


God's dreams for our lives are bigger than our own dreams. I began to pray this prayer during that time: "*Lord, let me dream the dream that YOU have for my life.*" Parts of that prayer have been answered, but there are other areas that I am still waiting and standing in faith for. What we see as a setback might just be the ground the Lord is using as a setup. With every IV and each medical therapy I underwent at the clinic, I remember thinking, *God, this is hard, but make me more holy through it.* I am not huge on needles, getting blood drawn, or any type of medical procedure. To be honest, I don't like any of the above!

The grace of God that allowed me to endure those months of medical treatments is the only reason I made it through. On the first day, they told me I would have to cut out all meat for a season. I remember thinking, *I am sick and now you want me to be a vegan!?* It was challenging, but God used that short time of refraining from meat to help my body detox faster and allow the procedures to be more effective. Thankfully, I am now able to enjoy my favorite foods again (like steak!), but it required discipline to get there.

The hard can make us holy and, in my case, healthy. There are traits like perseverance and godly character that are fortified deep in us when we go through the fire. That cannot happen when everything is perfect on the mountaintop. Show me someone with a strong love for life and I guarantee you they walked through a season where they didn't know if they would have the will to live again. Show me someone with abundant joy and I imagine they had to reach a point with Jesus where the joy of the Lord became their true source of strength. This faith walk is completely opposite to the way of the world. The world wants everything to be easy so our lives will be happy and fulfilled. However, once we get to that happy place, we are never truly satisfied, so we continue the search for happiness over and over again. Happiness is fleeting, but joy remains.



*The hard can make us holy
and, in my case, healthy.*



I believe some of the most joy-filled people I have ever met have been through some of the hardest seasons. I have a friend who is currently thriving, but there was a time when God called her to leave her homeland and move to another country with nothing but a word from God and her immediate family. She left everything

behind to follow the call and will of God. She shares openly about how challenging that first year here in America was. When we met, it was her desperation for Jesus and love for KitKat bars that got her through ... literally.

Sometimes the plan is not always immediately clear. There was a deeper purpose for her in that first year. She was gaining vision, clarity, and fresh dreams from God. Circumstances unfolded in ways she never would have imagined, but they were so much better because they were part of God's plan. An incredible church movement was birthed through that hard season, which I am sure she would say pruned her and her vision. I got to be part of that incredible movement. You see, our simple obedience, especially when we don't understand the "why," will not only move mountains in our own lives but will serve to benefit many others. That is authentic kingdom living.

I found that to be true in my case as well. I may never understand why I had to walk through that difficult season and, honestly, still have some health repercussions as well as protocols that I have to stay on top of. But I do know that once I was on the other side, the music project I had almost forgotten about was finally released into the world. There are songs that talk about God writing a beautiful story, how He is in the waiting, and that He is working all things together for our good. I have now lived out the truths in the songs I sing.

Your season might be painful in the present. You might want to hit delete on this chapter you are currently living. But I promise, if

you allow God to use the hard, He will somehow use it to make you more holy.

Start looking at the challenges in your life as a possible part of the bigger plan. Your purpose might take on a new direction as God uses those things to help other people walk through what you did. I now know what I will never say to someone who is sick or chronically ill. I now know what I will never say to someone dealing with depression and anxiety, because I experienced some of that during my health trial. You gain invaluable wisdom, discernment, and authority when you walk through difficult trials and live to tell about it on the other side.

Take a moment now to close your eyes. I want you to picture yourself on the other side of that trial or situation you are facing. Invite God in and ask Him how to get there. Some of the best tools you have are praying, getting into the Word for God's direction, spending time in worship, and surrounding yourself with faith-filled friends who will cheer you on and not allow you to quit. Ask God to give you your own blueprint. After all, you are His daughter or son, and the Word of God says that He has plans "to give you a future and a hope" (Jer. 29:11 ESV).

Don't give up before it gets good. I promise your story is still being written. By the end of this book, I hope you'll see yourself still standing, surrendered, and your soul truly singing.

Reflection Questions

1. Is there an area in your life that feels so hard and defeating that God might be using it to bring your heart closer to Him and to forge holiness within?

2. Is there something in this “hard and holy” season that God is trying to shift in you to renew vision, get you on a new path, or reroute you in some way?

3. Is there a “hard” place in your life that you need to surrender to God?

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