



Part 4 – Letting Go

April 7, 2019

The lack of control often leads to this cycle

1. _____
2. _____
3. _____
4. _____

Choices for healthy, productive, godly growth

- | | |
|-------------------|-----------------------|
| 1. Admitting need | 6. Repairing
_____ |
| 2. Getting help | 7. Maintaining _____ |
| 3. Letting go | 8. _____ pain |
| 4. Coming _____ | |
| 5. Making _____ | |

Matthew 11:28-30 (NIV) – *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

Things that may keep us from letting go

1. _____

A self-sufficient fool falls flat on his face. (Proverbs 10:8, TLB)

2. _____

Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have all caught up with me, and I am ashamed to look up.

(Psalm 40:12, TLB)

3. _____

4. _____

5. _____

I believe, help me overcome my unbelief. (Mark 9:24, NLT)

How to let go and let God

1. Accept God's _____ as your _____.

2. Accept God's _____ as your _____.

3. Accept God's _____ as your _____.

4. Accept God's _____ as your _____.

I can do everything through Christ who gives me strength. (Philippians 4:13, NLT)

Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. (Revelation 3:20, NLT)

Next Steps

Pray about it – Invite Christ into your life and/or your situation(s).

Write about it. (Get a journal if you don't already have one.) This week, write about...

- How do you feel now that the burden of trying to control life has been lifted from you?
- What does this phrase mean to you? *The old life is gone, a new life has begun.*
- What are some of the first things you will ask God to do in your new life?
- What are you struggling to let go of? What is stopping you?

Share about it.

- Share your decision to “let go and let God” with someone you can trust.
- Ask this person to daily pray for you that you'll have the strength to let Jesus call the shots.