

Talking Points

Let Go and Let God! Learning to Let Go of Control in Your Problems—Part 1 of 4

At any given time in life, you may have several problems. You may realize along your journey that you have VERY LITTLE CONTROL OVER LIFE and the PROBLEMS you are faced with. Often there's a tug-a-war for your peace of mind, as you rehearse your current problems of the day. Some problems may be small, irritating, and a little frustrating. Others can be very large giant problems, which may seem almost impossible to solve. If you're not careful, these problems can quickly erode your peace of mind, energy, and emotions.

Problems might include issues between you and your wife, issues with the kids, issues at work, health issues, or any number of other problems. Un-dealt with minor problems can be irritating and frustrating, below-the-surface type of problems. Sometimes they fester, adding to the larger giant-type problems. Learning to pick your battles can be wise advice.

Remind yourself: WHO IS THE CREATOR OF ALL? A suggestion, then, is to RE-THINK WHOSE PROBLEMS THEY MIGHT BE? And that HE OFTEN CAN SOLVE the CORE of the PROBLEMS. Generally speaking, we live in an OUT-OF-CONTROL BROKEN WORLD, which we CAN'T CONTROL. We're BASICALLY TRYING TO CONTROL SOMETHING THAT IS IMPOSSIBLE TO CONTROLOUR LIFE!

So I'm suggesting: often it's GOD'S BATTLE NOT YOURS TO WIN!

Webster's dictionary defines surrender as: “To give up claim to, give over to, or yield, voluntarily, as in favor of another. Surrender commonly implies the giving up of something completely after striving to keep it. Relinquish is the general word implying an abandoning, giving up or letting go of something held.”

In short, your job is to try and get out of the way, so to speak, and let go of trying to control the situation. Then, try to see where God is working and what He wants you to do in the situation. This is where you plug in Him working in the situation, take responsibility for your part in the situation, and prayerfully try to see what He wants you to do!

Take a quick moment and briefly write down some of your problems.

Keys to Giving the Problems to God ---- This is not always that easy when emotions and feelings are involved, exposing raw and possibly painful experiences, current or past. Here are some down-to-earth suggestions.

- 1) **Relax in the moment, to a mature state of mind** ---- However you can do it, learn to breathe..... Yes, just breathe. Or, count one to ten, before you respond. Whatever you can do to relax in the moment. Often the majority of the problems aren't big deal problems. Learn to *pick your battles* so to speak. Maybe you can begin to relax by going on a walk, exercising, or sharing calmly with another safe person you respect?

- 2) **Begin to pray earnestly** ---- In your alone time with God (quiet time) just list the problems out and then pray about them. Often, if you write your problem on a card or little piece of paper it is very easy to review and reflect on. Also, it can help you stop rehearsing the problems over and over in your mind, which can exhaust you. Sometimes in your alone time with God, solutions to your problems are revealed, if you STOP and LEARN to JUST BE STILL in HIS PRESENCE.

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- 3) **Big problem prayers** ---- Generally speaking the bigger the problem.....there more you need to pray! Even if you're at a place in your spiritual walk where you don't know if prayer works.....try it! Know God is always there working all around us. Our job is to try to tap into what He is saying and what He might want you to do! A question to ask yourself, is how bad do you want it? How bad do you want God to solve the problem?
- 4) **Do your homework on the problem** ---- Learn to "peel the onion", so to speak and get to the root of the issue or issues, which can be can't always be seen on the outside. If it is a potential legal issue, or accident of some sort, begin a simple journal or log of the facts, as they unfold. Learn to study it inside and out to understand all aspects of the situation. If you have accurate clear information, you can make a better-informed decision, with God's help. Even if its bad news, you're encouraged to collect accurate information for a better outcome.
- 5) **Seek out Godly wisdom** ---- No matter where you are on your journey with God. Know you'll make many choices to collect information and advice. Maybe by watching TV, or listening to a talk radio host, or reading a secular worldly liberal book. Often, we are getting poor advice from the wrong person, or we're seeing it with the wrong perspective. Godly advice can be from a good, trusted Christ-like person, a pastor, or a safe Christ-like counselor. It's best to pray for wise Godly advice when you're in the heat of the battle and not sure what to do.
- 6) **Own your part in the situation** ---- It may be hard to see your part in the situation. OFTEN YOU HAVE A BIGGER PART IN THE SITUATION THAN YOU REALIZE! If you living and breathing, you often are a contributor to the problem, and can be part of SOLUTION. Whatever it might be, OWN YOUR PART, even if it's one percent of a hundred. I encourage you to OWN YOUR PART, to move forward to a healthy solution.

Luke 6:37 (NIV) *"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive and you will be forgiven. A good measure, pressed down, shaken together and running over, will be given to you. A good measure, pressed down, shaken together and running over will be poured into your lap. For with the measure you use, it will be measured to you."*

- 7) **Let go of trying to control** ---- No matter who you are or what age you are, most of us ARE CONTROL FREAKS TO SOME EXTENT. TRYING TO CONTROL AN OUT-OF-CONTROL WORLD! IT A FALSE REALITY, OR FAULTY THINKING to THINK WE CAN CONTROL VERY MUCH IN THIS WORLD. At best you can try to control your attitude and your response to the situation. You will be MORE PEACEFUL AND MORE RELAXED BY LEARNING TO LET GO and BEGIN TRUSTING GOD FOR A BETTER OUTCOME. It may seem like a tall order; however He knows all, sees all; as He's the maker of you and me in this broken world!

"And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him." Hebrews 11:6 (NIV)

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Challenging questions to ponder:

- 1) Stop and think about it for a moment. Can you change anything by worrying about it? Briefly Explain.

- 2) Can you see God working in any areas of your problems?

- 3) What can you do in your current list of problems to be pro-active with God for a better outcome?

- 4) What might be your part of a problem which you need to own, or admit?

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4: 4-7 (NIV)