

Talking Points

Let Go and Let God!

Finding God's Peace and Understanding in your Problems—(Part 3 of 4)

In an out-of-control world, probably one of the most important things is to PLUG into CHRIST, SEEKING OUT HIS PEACE OF MIND. Often life can feel so overwhelming, with a demanding family, or young kids, or heavy work schedule, or whatever! KNOW LIFE IS TOUGH, but it can be MUCH EASIER WHEN YOU LET GOD HELP YOU NAVIGATE YOUR LIFE! The KEY is to LEARN to SURRENDER and SUBMIT to HIM IN YOUR LIFE'S CHALLENGES. OFTEN THIS DOES NOT HAPPEN TILL WE GET TO A PLACE OF BROKENNESS AND HUMILITY. Many times, this is a PLACE of MAJOR TRAGEDY or CRISIS in YOUR LIFE. It might be a DIVORCE, or a MAJOR ACCIDENT, a DEATH of a KEY PERSON in a life, a MAJOR ILLNESS, or something else causing you a lot of pain! CHOOSE TO HAVE THAT PAIN be a GOOD TEACHER for you! YES IT'S A CHOICE to GROW from YOUR PAIN and LEARN to TRUST HIM during YOUR CRISIS. OFTEN this is a PLACE WHERE WE HAVE NO WHERE ELSE TO TURN and FEELING TOTALLY EXHAUSTED FROM LIFE!

Below are some suggestions to seeking God and learning to trust Him, even when we don't feel like it. Know God can take you to a much healthier place of peace and understanding, as you STRIVE to SEEK HIM OUT!

- 1) **KEYS to being pro-active with God** ---- Giving the situation or problem to God does not imply that you just sit there and do nothing. Rather you PLUG INTO GOD WORKING IN THE SITUATION! Practical suggestions are:
 - a) Be very diligent in praying about the issue.
 - b) Study the situation inside and out, learning all key details.
 - c) Seek out what God wants you to do. Ask Him "Lord I don't know what to do, please show me."
 - d) Seek out other key Godly advice or open doors.
 - e) Learn the VALUE of a DAILY QUIET TIME.
 - f) Learn to relax in the "heat of the storm".
 - g) Learn to TRUST God, as best you can!
 - h) Wait EXPECTANTLY for God's PEACEFUL outcome.

- 2) **Find God's open doors** ---- As you begin to unravel the problem, and collect accurate information on the issue, begin by going to the OPEN DOORS, or open areas to help collect information on the situation. Realize that some people may be un-safe, or others may have a conflict of interest in the situation, not wanting to be exposed. Still others may NOT WANT to OWN THEIR PART in the situation. Again, I encourage you to pray for possible open doors, as you reflect and learn about the situation.

- 3) **Timing to bring up the problem** ---- MAJOR MISTAKES can happen if you're not careful; making DECISIONS BASED ON RAW EMOTIONS or POSSIBLY IMPULSIVE DECISIONS. Often, you DIDN'T GET INTO THIS SITUATION OVERNIGHT, and often YOUR NOT GOING TO GET OUT OVERNIGHT. You'll come from a much HIGHER LEVEL OF CLARITY and DISCERNMENT, by learning to relax, WAITING on GOD'S TIMING. The situation will be so much easier to see, and you will feel God's presence by spend good quality time alone with Him. Again the BIGGER the PROBLEM the MORE TIME YOU NEED TO SPEND WITH GOD.....JUST YOU and HIM!

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- 4) **Seek out God's wisdom and discernment** ---- With the help of the Holy Spirit and spending quality time with God it will be so much easier to see clearly in the weeks and months to follow. If you have a choice to choose between someone's words or what they are doing, KNOW TALK CAN BE CHEAP, and often UNTRUSTWORTHY. Again, the more alone time you spend with God, He will help you:
- a) You often can see the possible deception.
 - b) Sometimes you will see an open door of advice.
 - c) You see God's timing to respond or bring up the issue.
 - d) Seek out God's peace in and around the situation.
- 5) **Navigate to the peaceful God Zone** ---- Whatever you want to call it This is where you seek out ways to marinate in His words and demeanor. This is where you learn to create a regular daily alone time with God, maybe reading the bible, studying the Bible with a specific study. Know if you READ IT, SAY IT, LIVE IT.....THAT EQUALS A CHANGED OUTCOME! It may not be your desired outcome or solution, however no matter what happens tomorrow, know you will have a MORE PEACEFUL ATTITUDE with God's help!
- 6) **Trusting God in the situation** ---- It may be challenging; but you will be better served if you can try to trust God in the midst of your situation! MOST of our MISTAKES WILL HAPPEN BECAUSE WE'LL GET IN THE WAY, TRYING TO CONTROL THE SITUATION, or we're PRIDEFUL or NEED TO WIN AT ALL COST! You may FEEL LIKE YOU WON THE ARGUMENT, HOWEVER, IF YOU MUST WIN AT ALL COST, YOU OFTEN HAVE MISSED THE POINT! Try to stay in the God arena where you're seeking out God, trying to own your part, and trying to figure out what God wants you to do.
- "Now faith is being sure of what we hope for and certain of what we do not see."* Hebrews 11:1 (NIV)
- 7) **Do you have peace in your decision?** ----- If you are not relaxed and peaceful about your decision OFTEN YOU NEED TO WAIT BEFORE MOVING FORWARD. Know Jesus Christ is not the master of confusion, rather Satan is! **In general it's best to NOT make any MAJOR DECISIONS for a PERIOD of SIX MONTHS OR LONGER**, especially when it comes to a family split up or something along that line. Although we make hundreds of minor decisions daily, OFTEN it's the BIG MAJOR DECISIONS where we make BIG IMPULSIVE MISTAKES! That happens when we DON'T STOP.... SLOW DOWN, and TRY TO SEE GOD WORKING IN and AROUND THE SITUATION. Ask yourself a simple question: WHAT'S THE HURRY ON THIS MAJOR DECISION? Again, KNOW MOST OF YOUR MAJOR MISTAKES HAPPEN BECAUSE OF IMPATIENCE and CAN COST YOU THOUSANDS OF DOLLARS, OR POSSIBLY YEARS OF PAIN! It's a better CHOICE TO RELAX and TRUST GOD in the SITUATION, as you WORK WITH HIM for a HEALTHIER OUTCOME.

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Challenging questions to ponder:

- 1) Do you feel you hear God and are pro-active with Him in your current problems? _____

- 2) Do you feel you're trusting God in your current problems? Briefly explain. _____

- 3) Are you prayerfully asking for God's help, seeking out OPEN DOORS of wisdom or advice to your problems?

- 4) Is there a situation which you're getting ready to make a MAJOR DECISION, still feeling OVERWHELMED and NOT AT PEACE? Briefly explain. _____

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

Jeremiah 29:11-13 (NIV)