

Talking Points

Let Go and Let God! Giving God Your Problems—(Part 4 of 4)

As men made by GOD'S DESIGN we are VERY VISUAL CREATURES. Below are three simple, yet powerful methods to help you visualize surrendering your problems to God. It's a mind shift to feel, say and believe **the problem is not mine, but rather God's to guide me through.** This is where in your spiritual journey, you believe you are one of God's kids and are part of His family! So, it's a BIG MIND SHIFT to TRUST HIM in YOUR LIFE'S CHALLENGES!

As we've previously mentioned in this series, if you BELIEVE GOD is the CREATOR OF ALL, then a suggestion is to RE-THINK WHOSE PROBLEMS THEY MIGHT BE? And WHO CAN BEST 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, what I'm suggesting, often it's GOD'S BATTLE NOT YOURS TO WIN!

In short, your job is to try and get out of the way, and stop trying to control the situation. Let go of it! Then, try to see where God is working and what He wants you to do in the situation. This is where you plug in to having Him working in the situation. Take responsibility for your part in the situation, and then prayerfully try to see what He wants you to do!

Prayerfully ask God to help you write a list of your problems. Most problems you know off the top of your head. However, you may have others that are caused by DEEP-SEATED WOUNDS or PROBLEMS WHICH YOU MAY NOT BE AWARE OF. You may have buried some of them for years. **It's not easy to look hard at yourself, but with God's help and Godly input from trusted advisors, you can do it. Uncovering deep-seated wounds or problems can free you and give you a sense of God's peace.** Often you have A BIGGER PART OF THE PROBLEM THAN YOU REALIZE, and YOU CAN ALSO BE A BIG PART OF THE SOLUTION!

Take a moment to briefly write out your problems below or on a separate sheet of paper.

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior—
2 Samuel 22:1-3a

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1) **Symbolically bury your list of problems** ---- As we mentioned, prayerfully ask God to help you with your list of problems. Then if appropriate, in a safe place, as a symbol of LETTING GO OF TRYING CONTROL the OUTCOME of your problems, dig a hole in the back yard or in an open area near your home, and BURY YOUR LIST of PROBLEMS. It may not seem like much, however you could have BEEN CARRYING this HEAVY LOAD OF PROBLEMS OR WOUNDS FOR YEARS and this is a FREEING GESTURE, TO BEGIN TO TRUST GOD.

You can say a simple prayer where you relinquish your problems to Him. Something like:

“Lord, these are YOUR PROBLEMS, and MOVING FORWARD, I WILL BEGIN to TRUST YOU for the OUTCOME, and will begin to be PRO-ACTIVE WITH YOU AS BEST I CAN!”

2) **The God bucket of problems** ---- This is the second powerful way to symbolize and visualize the surrender of your problems to God. Find a small cup, coffee can, or small bucket, LABELING the bucket as the GOD BUCKET, then place it in the center of your table in front of you. While sitting at the table close your eyes and pray a simple prayer ASKING God to REVEAL your problems to you CLEARLY. Then as you open your eyes, write briefly your problems on small pieces of paper. As you write each problem on a piece of paper, DROP IT INTO the BUCKET. Go on to the second problem, then the third problem, and so on. DROPPING EACH PROBLEM INTO the GOD BUCKET! Your job is to prayerfully leave your problems in the GOD BUCKET, and then try to see where He’s working and what He may want you to do.

3) **Visualize leaving your problems at the Foot of the Cross** ---- Again this is a simple, yet powerful way to visualize, submitting or surrendering your problems to God. A suggestion is to CLOSE YOUR EYES and with your eyes closed, in your MIND SEE A VISION of the CROSS. The CROSS in YOUR MIND, SYMBOLIZES CHRIST DYING ON THE CROSS for you and me. So, one by one, verbalize if appropriate, or see the problems in your mind and leave each problem at the foot of the cross.

These are simple AIDS or TOOLS, and EASY VISUALS to ASSIST you, as you LEARN, they’re GOD’S PROBLEMS, NOT YOURS! Your job again is to try to plug into Him and HIS WAYS. Keep trying to figure out what He’s saying or asking you to do! Again, the BIGGER the PROBLEMS, generally speaking, the MORE YOU WILL NEED to be in PRAYER, and having ALONE TIME WITH HIM! God could also be testing you to see how important the problem is to you or see if you really trust him!

“...I lay my requests before you and wait in expectation.” Psalm 5:3b NIV)

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Challenging Questions to Ponder:

1) Which one the three methods can you do today to help SURRENDER and GIVE GOD your problems?

2) List a couple OVERWHELMING problems where you REALLY NEED GOD'S HELP? _____

3) Do you FEEL you REALLY TRUST God in your current problems? Explain. _____
