

“I Know You Meant Well: Let Go and Let God”

1 Timothy 6:12, Mark 9:24, 1 Peter 5:7 (NIV)

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You good= Are you ok?

You good= You are ok.

You good=How have you been?

You good=Did you get enough?

You good=You're welcome.

You good=Stop talking to me.

You good=No need to say sorry.

You good=You need some money

What does “You good” really mean? I know you meant well, but what does “Let go and let God” really mean?

Suppose this were to take place. A person comes forward and kneels to pray. 2 people come forward to pray with him. One stands on one side with hand on his shoulder and whispers in his ear, “Let go, let go, let go.” However, the person praying with him on the other side is saying, “Hold on, hold on hold on.” Now they both mean well. Let go of your troubles, hold on to Jesus---but do you see where the person just might be confused. Just as that is confusing so it is in some aspects to ‘Let Go and Let God.’

If we let go and let God does that mean we do nothing, say nothing, feel nothing, and simply allow life to happen? Sitting back and just letting things happen is not really Biblical.

1 Timothy 6:12 New International Version (NIV) ¹² Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.

Not just sitting around but fighting the good fight. Let go and let God doesn't mean we just stand there and take it and get pummeled. So---how do we let go and let God?

It's difficult. Have you ever seen a child at Disney, or an amusement park, carnival, or fair that has a balloon on a string. The child unfortunately lets the balloon go---oh to never be retrieved. You will often find the child with tears in her eyes or perhaps even throwing a fit. She let go and it's gone.

Now, if I had a bunch of balloons (now please know I would not let balloons go, due to the environmental concerns, but for illustrations sake), and those balloons had words written on them like: anger, hurt, fear, worry, illness, finances---I would let them go to God (**image**)

And there would not be crying and upset, but doing a happy dance, and probably singing (**Frozen image**): “Let it go, let it go, can’t hold back anymore, let it go, let it go.” Okay not as good as Elsa in the 2013 movie, and I don’t suppose Idina Menzel is going to be asking me to join her in a duet anytime soon.

But to fight the fight of living in the world today we must by faith: “Let it go.” But that does not mean we have an attitude of “whatever,” or “it is what it is.” We covered last week, “it is what it is,” next week, “I know you meant well: Just forgive and forget.”

Myself---well I hold on to things and try to solve them myself without really letting God assist. I can’t do it on my own. I had a picture in my weekly email, Direct from Dave, that I’ll show again here:



That would probably be like me. Holding on and not letting go. I would not be those with both hands in the air on a roller coaster. In this roller coaster ride of life I have a tendency to hold on to my own fears, or perceptions. There is some relativity being afraid to let go and trust God. Certainly requires faith.

Letting go takes a lot of effort. Some think when we struggle we must not be letting go. I say that sometimes when we don’t let go we are fighting the fight within us. Sometimes that fight is having trust and confidence in God.

In Mark 9 a man goes to Jesus. The boy’s son had been made speechless by a demon. In fact, the demon would throw the boy to the ground. The boy would foam at the mouth and grind his teeth. The man said to Jesus, “I told your disciples hoping they could deliver him, but they couldn’t. Jesus has the boy brought to him and asks how long this has been going on. The father explains that it has been going on since his son was child.” Jesus says, “Everything is possible for him who believes.” Here’s the father’s response: **Mark 9:24 New International Version (NIV)²⁴ Immediately the boy’s father exclaimed, “I do believe; help me overcome my unbelief!”**

I believe, help my unbelief! Is there belief, or unbelief? YES!!!! For me this is the mixture that we deal with in our fighting the good fight of faith. We want so much to believe, but....

Oh, to work on God in the middle of our doubts.

Charles Spurgeon (preacher from the 1800's) "There is the sun; I do not know how many thousands of times the sun is bigger than the earth, and yet the sun can come into a little room. And what is more, the sun can get in through a chink. So, Christ can come in through a little faith, a mere chink of confidence.

And yet even with the faith that comes in those little chinks, it is hard to completely let go.

1 Peter 5:7 New International Version (NIV) ⁷ Cast all your anxiety on him because he cares for you.

Now beloved, let me speak openly. It's easy to say let go and let God. It is easy to even say, "cast all your anxiety on him." Let me transition just a moment to address mental health issues. They are real. To tell someone that has been wrestling with illness, especially mental health issues, to let go and let God, "just have faith" is extremely problematic.

According to the Center for Disease Control every day, yes, every day 123 Americans die by suicide. Depression affects 20-25% of Americans over the age of 18. Suicide is the second leading cause of deaths for those between the age of 15-24.

For those dealing with heavy issues, to say, just let go and let God can be devastating.

I'm mindful of sharing too much information personally in a sermon. It is often a fine line. However, I have referred to this in the past and want to be a bit more direct. In the mid 1990's I was treated for depression. It is something I continue to battle. I was also diagnosed with having an anxiety disorder.

Again, let me share some statistics: Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment. (Anxiety and Depression Association of America)

I have and am receiving treatment and have been for years. My depression and anxiety disorder are typically under control, but always deal with in just knowing I have it.

2 years ago, I was in the hospital for a week for an intestinal blockage. While in the hospital, lots of pain, lack of sleep and of course stress. My anxiety disorder kicked in. I have medicine prescribed by my physician to help in my treatment.

It was at night I had pushed the call button for the nurse and made a request for my medicine. The nurse came in and said she would be back with it. I waited and waited and waited, I could feel a sense of panic coming on. I hit the call button again, this time a tech came in and said, "Oh the nurse will be here later, she's busy." I said but I called a long time ago. She asked what was wrong, I told her. She then grabbed my hand began rubbing it and said, "Just close your eyes, and take deep breaths, in, out, in, out, just calm down, breathe in, breathe out."

Now beloved, there were some things at that moment I wanted to say to her, but my clergy vows and my Christian views would not permit me to use the language that I might have been thinking in my head. I showed great restraint still waiting for and wanting my medicine.

To me I felt somewhat dismissed by this well-meaning tech, as if she were saying, well, now you really don't have a problem. As I looked back at this perhaps it would have been the equivalent of her meaning well and saying, "just let go and let God."

Beloved, I share this as a reminder to all that the struggle is real. I will continue to call on my God who cares for my every worry. I know that He cares for me and is with me, and yet I am fighting the fight. Reminding all of us that it is not always easy to let go and let God.

Be sensitive to others. Don't Christian-ese them. (say the cheesy Christian things we feel we ought to say, sometimes to make ourselves feel better.) Listen to people. Love people.

Concerning Mental Health, know that you can seek help through professionals, hotlines, reaching out---and yes, yes, yes, through God's help.

There's a lot I want to release and let go of. There's a lot I want God to help me with. Sometimes I'm like the boy at the roller coaster holding on afraid to let go. I believe, help my unbelief. I know God cares. I know He is there. Sometimes it is just hard.

Release your cares and your concerns. Release your love to God and let Him receive all of them.

We are going to spend some time in silent prayer. I even suggest, if you are comfortable in doing so to open your hands as a sign of letting go. As this silent video clip is played, watch, pray, surrender.

<https://www.sermonspice.com/product/62092/surrender>

Prayer:

Oh God receive that which I'm trying so hard to let go of. My hope is in you! My faith is in you!

I can count on 1 thing---that you will not fail me now. You have never failed me yet. Yes Lord, I will continue to lift you high even when the valleys go low. Yes, Lord I will bless your name even when my heart is heavy. Yes, Lord I will recognize you are the one who brings joy. I choose to praise you. I give you glory.

Great is your faithfulness. Your promise still stands. You can move the mountains. You can heal the sick. You can make a way when there is no other way.

I surrender and let go. I believe. Help my unbelief. I love you Lord. Amen.