

Pk's Perspectives... Let it GO!

Letting go can be so disconcerting. We say we surrender the difficult situation to God and yet we keep our hands/hearts firmly attached to the very thing we claim to have surrendered. Letting go morphs into an internal tug of war between “The Lord will accomplish His purpose for me” and “If it is to be, it is up to me.” We want our children to grow up and yet we try to control the smallest details of their lives. We say we trust God with our future but still develop ulcers from worrying about the unknown. We know to accept others for who God made them and all the while we are working to remake them the way we want them to be. Letting go is so difficult because it requires complete dependence; removing my hands from the situation or relationship requires an absolute trust in God to accomplish His divine purpose. Letting go is hard...but sometimes holding on is harder. Eckhart Tolle once wrote, “Sometimes letting things go is an act of far greater power than defending or hanging on.”

Maybe one of the reasons letting go is so difficult is that we have a negative impression of letting go...we color it the same shade as quitting or betrayal or abandonment. Sometimes letting go is the most positive, healthy, and productive response to a situation or relationship. So let me try to recast your impressions of letting go into a more positive framework by sharing these words penned by an unknown author:

- To “let go” does not mean to stop caring, it means I can’t do it for someone else.
- To “let go” is not to cut myself off, it is the realization I can’t control another.
- To “let go” is not to enable, but to allow learning from natural consequences.
- To “let go” is to admit powerlessness, which means understanding that the outcome is not in my hands
- To “let go” is not to try to change or blame another, it is to make the most of myself.
- To “let go” is not to care for, but to care about.
- To “let go” is not to fix, but to be supportive.
- To “let go” is not to judge, but to allow another to be a human being.
- To “let go” is not to be in the middle arranging all the outcomes, but to allow others to affect their own outcomes.
- To “let go” is not to be protective, it is to permit another to face reality.
- To “let go” is not to deny, but to accept.
- To “let go” is not to nag, scold, or argue, but to search out my own shortcomings and to correct them.
- To “let go” is not to adjust everything to my desires, but to take each day as it comes and cherish the moment.
- To “let go” is not to criticize and regulate anybody, but to try to become what I dream I can be.
- To “let go” is not to regret the past, but to grow and live for the future.
- To “let go” is to fear less and love more.

Maybe the courage to “let go” is discovered in seizing the breathtaking truth of Ephesians 3:20: “God can do anything, you know – far more than you could ever imagine or guess or request in your wildest dreams!” Cya in SS & Worship, Pk.