

“Just let it go...” Yeah, right. Letting go is hard. We say we surrender the difficult situation to God...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 trusting “The Lord will accomplish His purpose for me” and feeling “If it is to be, it is up to me.” We want our children to grow up and yet stifle their development by controlling the smallest details of their lives. We say we trust God with our future yet develop ulcers from worrying about the unknown. We know to love our fellow humans unconditionally and all the while we are working to remake them in such a way as to be easier to love.

Letting go is hard because it requires complete surrender and absolute dependence; removing my hands from the situation or relationship requires an unshakeable trust in God to accomplish His divine purposes. Letting go is hard...but sometimes holding on is hard; to quote a popular TikTok adage — “You got to choose your hard.” Eckhart Tolle once wrote, **“Sometimes letting things go is an act of far greater strength 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 just 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 it go” does not mean to stop caring, it means you can’t do it for someone else.
- To “let it go” does not mean to cut yourself off, it is the realization that you can’t control people or situations.
- To “let it go” does not mean to enable, but to allow learning from natural consequences.
- To “let it go” is to admit powerlessness, which means understanding that the outcome rests in God’s capable hands.
- To “let it go” is no longer trying to change or blame another, it is seeking to be transformed by Jesus in your own life.
- To “let it go” does not mean ceasing to care for, but to care about.
- To “let it go” is to surrender the “fixer” role, but remain available.
- To “let it go” is to no longer be in the middle arranging all the outcomes, but rather to allow others to affect their own outcomes.
- To “let it go” is to cease being over-protective, and permitting another to come to terms with their reality and choices.
- To “let it go” is not to deny, but to accept.
- To “let it go” is refusing to nag, scold, or argue but rather it’s you identifying your own shortcomings and surrendering them to Jesus.
- To “let it go” means no longer adjusting everything to your desires, but taking each day as it comes and cherishing the moment.
- To “let it go” is ceasing to criticize and regulate others while focusing on becoming the person God intends you to be.
- To “let it go” does not mean forgetting the past, but instead to grow and live for the future into which God is leading you.
- To “let it go” is to fear & worry less while caring & loving more.

Maybe courage to choose the hard “just let it go” option is found by laying hold of the breathtaking truth in Ephesians 3:20: “Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think.” Grace & peace, love you. PK.