

## "ALLOWING AND LETTING GO"

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SCRIPTURE + SPIRIT

*"Even if we don't see it, God is always working underneath the surface, behind the scenes and orchestrating His plans and purposes." – Louie Giglio*

### Question – What has God been up to? Specifically, in you?

- What has He revealed?

*(Vs.) Matthew 11:28-30 (NLT) - Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

- Weary and heavy burdened seems like an accurate description right now...

### 4 Words: "Let Me teach you..."

- Jesus is acknowledging that we have a choice
- This is not just a one-time thing...

### Story – Owen my walking partner...

- How quickly I took on extra burdens...Galatians 6:2 (ESV) – *"Bear one another's burdens, and so fulfill the law of Christ."*
- We need Jesus to teach us...

### One of the ways that Jesus continually teaches us is through community.

- Community helps us to see
- Community devoted to one another

### To fully live as Jesus intends, we must let Jesus teach us how to "Allow" and "Let Go".

- We already do this, but He wants to teach us a new way...

**Allow – To give the necessary time and opportunity for.**

- God is not after your permission, teaching you to be fully present
- How the Bible says this... “...whatever your hand finds to do, do it with all your might.” (Ecclesiastes 9:10) or “...so whether you eat or drink, or whatever you do, do it all to the glory of God.” (I Corinthians 10:31). All of these are forms of allowing...
- When Jesus says, “Don’t worry about tomorrow,” His word for worry literally means “to be divided.” Worry robs our capacity to be 100% present in each moment.
- Anxiety – An overdose of burdens

**Let Go – Releasing what I’m not meant to carry.**

- Though patterns, shame, unforgiveness, habits, fear/anxiety
- The Bible says this... 1 Peter 5:7 (ESV) – “casting all your anxieties on him, because he cares for you.”
- “The greatest sadness of my life has been when I refuse to let go of something that has served its time, reason, or purpose, and have not been faithful enough to wait for what is next.”

(Vs.) John 12:24-25 – *“Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life.”*

**Letting go is trusting that when God buries something, He is really planting it. It’s not until after it is buried that it comes alive.**

- C.S. Lewis at the end of his book Mere Christianity – *“Give up yourself, and you will find your real self. Lose your life and you will save it. Submit to death, death of your ambitions and favorite wishes every day and death of your whole body, in the end submit with ever fiber of your being, and you will find eternal life. Keep back nothing. Nothing that you have not given away will be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.” – CS Lewis*

**Questions**

- What are you carrying that you aren’t meant to? How can you be fully present and participate in what God is doing in you?
- What will you allow, what will you let go of?