



- 1) Letting go is a daily process, once won't work. The person who believes he/she can just make some decision to hand everything over to God, and this will be it, is deceived. So if you really intend to let go you have to decide to do it every day for the rest of your life. Otherwise don't start, or at least don't expect it to last. Following Christ demands we take up our cross daily. Dependence (like in daily bread) is daily. So, hand it over to Him today, and put it on your calendar, hit daily repeat, and just do it.
- 2) Use your holy imagination. You must envision letting go. What does it look like to you? You literally have to see it when you close your eyes. God can do more than you can ask or imagine. So how do you imagine letting go to look like? Paint a picture in your mind of letting go. There are many in the Bible, e.g. valley of dry bones, healing scenes, creation story, crossing the red sea, or create your own. It might be jumping out of an airplane and feeling your parachute open, or going under the knife during an operation. It should be a scene where you are dependent on God transforming or changing or freeing you.
- 3) If you do not have the Holy Spirit (read Romans 8) then you cannot let go. Letting go is an inside job, and the Holy Spirit is the only one who can bring about the condition you are looking for. Every day you must partner with the Holy Spirit in transformation. He is the inner voice. He is the one who speaks directly with your spirit. He alone can provide all the essentials for a holy life (a set-apart life). Peter tells us we receive the Holy Spirit when we are baptized into Christ. Up until that time the Holy Spirit was at work, but not on the inside. When He takes up residence in your heart that is when the real work of renovation takes place, and He empowers you to let go, and let God.



- 4) Renounce the lie. Everyone has a BIG LIE in his/her heart. It is what keeps you from letting go. It must be identified and renounced (as many times as it rears its head). This must be a deliberate, intentional, and oft-repeated rebuke. The LIE can usually be reduced to one sentence. It is what screams in your head and heart when you start to jump into God's arms. It is usually a very personal message that has something to do with the way you view your identity. But it is a lie from Satan to keep you bound. Repent of believing the LIE. Others may have contributed to the LIE you have, but you alone are responsible for keeping it alive in your heart. Kill that sucker.

Of course, there is more. But this is a pretty good formula for letting go. So, every morning:

- 1) Decide to let go.
- 2) Envision letting go.
- 3) Acknowledge the Holy Spirit's presence and activity in letting go.
- 4) Renounce the BIG LIE that is preventing you from letting go.
- 5) Identify the Unhealthy Pattern(s) and Decide to Break It, and Establish a New, and Healthy One. You all know the definition of insanity (if not google it). Patterns or cycles in our lives are well-worn paths. They are familiar. The drama contained in the pattern is often addictive. Get a sheet of paper and map out the pattern. I bet you can do it. If it involves another person, then include in your diagram how they contribute to the perpetuation of the pattern. Look for the critical points within the pattern. These are usually a point where you decide to escalate the cycle or avoid resolution to the underlying problem (remember the Big Lie). No one can let go until they resolve to not only break the pattern but then replace it with a healthy one.