

HOW TO LET GO & LET GOD

*Just
Let
It Go*

by Bruce Edwards

Dear Reader,

Jesus has a plan for your life. Too often we sabotage that plan by allowing our past to dictate our future. The purpose of this book is to help you take your past, both good and bad, learn what you can from it, then let it go and focus on the future, living each day to it's fullest. I pray you will be blessed by what is shared and it well help you move forward into the destiny God has for you life.

JUST LET IT GO

How To Let Go and Let God

Bruce R. Edwards

JUST LET IT GO
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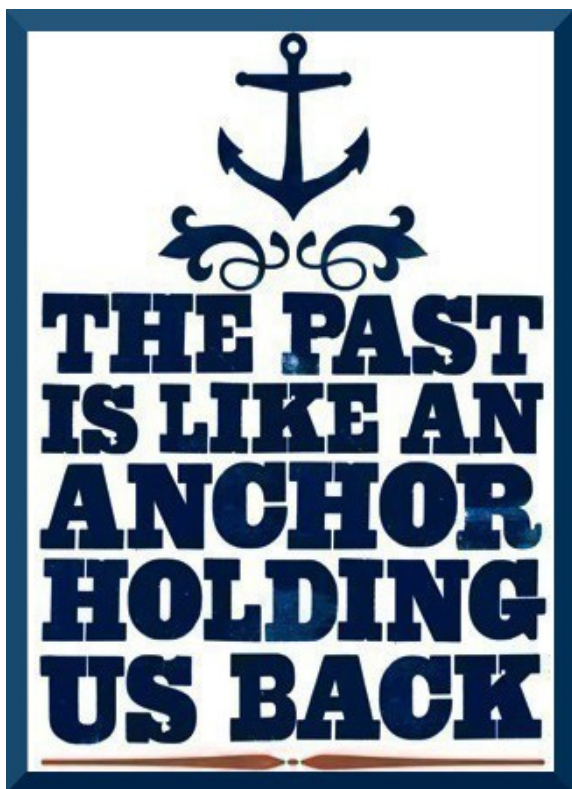
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*“Never be afraid to trust an unknown
future to a known God.”*

— Corrie ten Boom

Introduction

How you see your future is more important than what has happened in your past. You can use the past, good or bad, as an opportunity to learn, but you should not let the past define your future. Your future is bright if you know how to deal with your past.

The past can become a barrier or anchor in life that keeps you from moving forward toward the plans and purposes of God. We are assured victory and triumph in Christ regardless of our past, if we don't allow the past to rule our life.

Everyone has a past and has the opportunity to choose either to get tangled up in the web of that past or use it as a stepping stone to move forward. I want to help you let go of the past and

move into your future and be set free from anything holding you back. This book reveals how to properly deal with the past and to “let go and let God”. May it be a help and blessing to you as you move forward into God's destiny for your life. There are many other resources to help you grow spiritually at our website www.breakthroughforyou.com.



Chapter One

The Biblical Principle

*The key to overcoming
your past.*

When we look back on our life, sometimes it's with disappointment, because we haven't fulfilled all the things we anticipated. Sometimes it is with regret because of mistakes we have made or hurts we have experienced. We may have allowed bitterness and unforgiveness to take root in our lives. All of these can

become obstacles that act like weights that hold us back from our ultimate future.

There is a Biblical principle that is key to overcoming these potential obstacles and to living a fulfilling and victorious life. God truly wants to launch you into the destiny and purpose He has for your life. However, for you to move into the future God has for you, you have to apply this simple but profound principle. It is only four little words - **JUST LET IT GO!** Say that out loud to yourself: *JUST LET IT GO!*

Now, here's what I mean by that. The experiences of your past, if not properly dealt with, will become weights like an anchor of a ship that hold you back and keep you from moving forward with what God has for

your life. You're in the ocean of life, and if you continue to hold on to the past, it will become a drag on your life. Not only will it hold you back, but if you keep holding on to it, your past will eventually cause you to sink to the bottom of that ocean of life, and that's not God's will, that's not God's purpose.

I've got good news for you. God has a plan for your life. He has things for you that are far beyond what you've even begun to dream or think. Whatever the visions and dreams you have, wherever you are in your life, God wants you to go higher. He wants you to go further, but for you to fulfill your future and walk it out and move into what God is calling you to, there are some things you have to let go of. You have to - ***Just Let It Go.***



Do what one thing?



CHAPTER TWO

Do This One Thing

*What is the one thing
you would do?*

The Apostle Paul gives us the basis for this Biblical principle in Philippians 3:12-14:

“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching

forward to those things which are ahead,I press toward the goal for the prize of the upward call of God in Christ Jesus.”

In verse 13, Paul makes this very thought provoking statement. He says, ***"This one thing I do."*** Think about that statement for a moment. What is the one thing Paul is going to do? Of all the things he could write and share at this point, what is he going to say? He possibly could say, "I am going to worship God with more passion", or "I'm going to pray more fervently", or "I'm going to be more committed to the church", or "I'm going keep my eyes fixed on Jesus," or "I'm going to be more faithful, or I'm going to study the Word more", or "I'm going to speak God's Word with greater authority and faith." "This one thing I do, I am going to work harder".

All these things Paul could have said and written, and if he would have written any of those things, they would have been powerful. If that's what he had written, we would have taken those and we would have meditated upon them and we would have endeavored to apply them to our lives.

But by the inspiration of the Holy Spirit, he didn't write any of those things. Here is what he did say, ***"This one thing I do. I forget the things that are behind."*** The one thing Paul is going to do is forget the things that are behind. He is saying, "I am not going to allow the past to hold me back. I am going to – JUST LET IT GO. If you want to "Let God" have His way in your life you are going to have to "do this one thing" - JUST LET IT GO!



*Failure is only the opportunity
to begin again
only this time more wisely.*

- Henry Ford

CHAPTER THREE

Let Go of Failures

*Everyone fails – its how you respond
that makes the difference*

What is it that Paul needed to forget? Why did the Apostle Paul have to “just let it go”?

First, Paul, like everyone, had failed in many ways. He was not perfect. He had made some really bad mistakes in the past. He was not always the Apostle Paul. In

fact he was Saul of Tarsus, a Pharisee in Jerusalem, who after the crucifixion and resurrection of Jesus, swore to wipe out the new Christian church, called The Way.

He got letters from the high priest, authorizing him to arrest any followers of Jesus in the city of Damascus. In his own words, Paul says "***I was violently persecuting the church of God and was trying to destroy it***" (Galatians 1:13). Saul of Tarsus hated Christians. He made it his goal to capture them and bring them to public trial and execution.

Saul stood by and watched the murder of Stephen. (Acts 7:57-8:1) Saul did everything he could to try and stop the growth of Christianity. But something happened to Saul as he

traveled to Damascus in search of Christians. Jesus appeared to him in an unexpected way and in that moment he was converted. He became a Christian and answered the call to be an apostle. His name was changed from Saul to Paul. (Acts 13:9)

In Paul's conversion we see the essence of true repentance and the power of God's grace. From that moment on he became a catalyst for the spread of Christianity and wrote over half of the New Testament. He moved forward toward the purpose and destiny God had for his life.

How did he move forward? How did he deal with the guilt and shame of past failures and mistakes in his life? His response was, **"This one thing I do. I forget what is behind". He - "Just Let It Go"**.

We have all made mistakes. We all have failed in life. You may have done some things that are not right. You may have said things you now know were wrong. You may have hurt someone or done something illegal. No one is perfect. The devil will try to continually remind you of all the mistakes you have ever made. He wants to cripple you with guilt and shame. He is the accuser of the brethren.(Revelation12:10) He wants to stop you from fulfilling your destiny.

What will your response be? Will you continue to beat yourself up and allow condemnation of past failures to hold you captive or will you do like Paul and forget those things? What do you have to “Just Let Go” of?

CHAPTER 4

Let Go of Hurts & Disappointments

Get better not bitter.

Secondly, not only did Paul have some major failures in his life he also went through some very difficult times. He encountered many disappointments and setbacks in life. He was hurt and abused by people. He was insulted,



falsely accused, even beaten and imprisoned. He was left for dead on the side of the road. In Paul's second letter to the Corinthians the apostle describes the opposition he continually faced in order to fulfill his call. In Paul's own words he said, ***“Five times I have received from the Jews the forty lashes minus one. Three times I was beaten with rods. Once I received a stoning...in danger from bandits, danger from***

my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers and

sisters...many a sleepless night, hungry and thirsty, often without food, cold and naked.

(2Cor.11:24-27)

Paul had a lot of terrible things happen in his life. It would have been very easy to become bitter, offended, discouraged, and even give up.

However, Paul responded to these hurts and disappointments by refusing to allow his past to define his future. He said, "You know what? I'm forgetting those things that are behind. I am choosing to forgive and "let go". I'm just letting

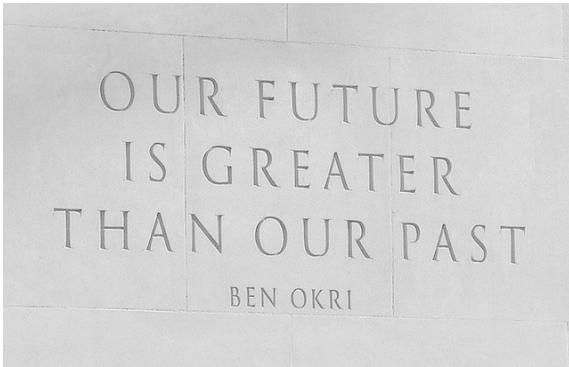
them go and moving forward." He made a decision to "Let go and let God".

There are some reading this who have had terrible things happen in your life. You have been wounded emotionally, mistreated, abused and misused. You have been disappointed and let down. It maybe something recently or in the distant past, but it is still affecting your life. You're holding on to the hurts and disappointments in life. You have allowed bitterness and offense to take root in your life and they have become weights that are keeping you from moving forward. It may be that your wife or your husband left you. You may have lost your job. Maybe you didn't get a promotion you thought you should have received. You may have been

treated unfairly. People may have said some ugly things about you.

There will always be disappointments that occur in life. There will be losses and setbacks that happen. People will let you down.

The question is, when you experience these things what are you going to do? How are you going to respond? Are you going to allow them to become a root of bitterness and offense? Are you going to let your past become a weight that keeps you from moving forward in life? Or, will you do like Paul and make the decision to forgive and let it go? Forget those things which are behind and press forward toward the future God has for you? You have to “Just Let It Go”.



*Whatever success we've had we are
grateful, but we believe the best is
yet to come!*

-Bruce Edwards

CHAPTER FIVE

Let Go of Past Successes

*The best is yet to come ,
look ahead!*

Thirdly, not only did Paul have all of those terrible things happen in his life, not only did he go through all of those trying experiences, not only did he make some terrible mistakes in his life, but Paul also had some great successes.

Paul is the one who had a face-to-face encounter with the Lord on the road to Damascus. He's the one

that Jesus gave the revelation of the new creation realities and righteousness, and wrote almost half of what ended up in the New Testament. He planted church after church. He was a peer of Peter and John and James, the big three of the original apostles.

Paul was a person of stature and favor. He had tremendous impact in the start of the church. He could have become arrogant and prideful. He could have become satisfied with his early successes and hung on to those things. He could have become stuck where he was, always reliving the past accomplishments, but what did he do? He said, "I'm just going to forget the things that are behind."

You see, sometimes people's successes can be a weight that

holds them back, an anchor that weighs on them. You hear them say things like, "Oh, I wish it was just like back in 1960." "I remember when church used to really be church." "Things were so much better back then. I don't know where the world's going today. I wish we were back...", whatever you wanted to go back to.

If you are always reliving the "good old days" and are stuck in the past, it is time to "just let it go". I am not saying we should not celebrate the victories and successes of the past, I am just saying don't get stuck hanging on to the past. They can become as much a weight that keeps you from moving forward as your past failures and disappointments. Make the decision to, "Just Let It Go"!

Moving Forward

*Look at life through the windshield,
not the rear-view mirror.*

unknown

CHAPTER SIX

Moving Forward

*How to move forward
into your destiny.*

The reason it is important to let go of the past is so you can move forward into all that God has for your life. If you can catch the principle Paul is sharing and apply it to your life, it will position you to be able to move forward into your future. Again, Paul said, ***"This one thing I do, I forget the things that are behind and I press, I move forward towards the***

mark, the prize of the high calling." It is time to be "***moving forward***".

God wants you to move forward towards the prize of the high calling He has for your life. Let this sink in and become revelation knowledge to you. Every day, remind yourself to "**just let it go**". Let go of past hurts, disappointments and failures so you can keep **moving forward**.

I know it hurts - the disappointments, the let downs, the failures. There are things that we experience that just don't seem right, but are you going to allow those things to become weights that hold you back or are you going to let them go and move forward with what God has for you? It is time to let go and begin "MOVING FOWARD".

Too many people are being weighted down and being drug back instead of moving forward into the high calling that God has for their lives. We need to learn from the Apostle Paul who received the revelation, that if he was going to move forward with what God's call on his life was, he was going to have to let go of things in his past.

He wanted to embrace God more than he wanted revenge, or to get even, or to impress people. Paul kept his focus on his relationship with Jesus and made knowing Him his top priority. He said, ***“I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that***

which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.”
(Philippians 3:7-11)

What is more important to you? Are you hungering and thirsting to know Jesus more? Do you want to embrace God or are you more interested in impressing people? Are you wanting to move forward or do you want to hang on to the things of your past? Are you wanting to get revenge? Are you wanting to get even? Or are you would you rather move forward with what God has for you in your life? There is a call on your life, and God wants you to move forward toward

that prize. However, if you continue to hold on to the past, you can't move forward.

I'm not saying it is easy or that it doesn't hurt. I'm not saying it's fair. What happened to Paul wasn't fair when he got thrown in prison with Silas. It wasn't fair when he was beaten three times with thirty-nine stripes and left for dead. It wasn't right what happened to Paul. It wasn't fair. Those people should have been thrown in prison. They were the ones that should have been whipped. They were the ones that should have been beaten. Paul would have been justified in being offended because he had been wronged or if he had taken action to get even, but instead he chose to let it go.

You may be justified in wanting to get even with whoever has done wrong to you. You can hold on to bitterness and offense if you want, but if that's the direction you go, all it's going to be is an anchor that holds you back. You are never going to get even, because it will only take you further back. It will always cause you to sink deeper.

If you truly want to move forward you need to let it go. What do you want more? Do you want to see people hurt as badly as you, or do you want to move forward with what God has called you to do? Make the decision to press toward the mark of the prize of the high calling of God on your life and begin "moving forward".

CHAPTER SEVEN

How to Let Go – step one

Success or failure rests on this

I trust everyone who is reading this wants to move forward in the calling that God has for your life. There is something on the inside of every person that draws them toward God and the purpose He has for their life. However, the enemy tries do everything he can to stop you from moving forward and fulfilling your destiny. He wants you to hold on to your past, the guilt,

shame, bitterness or offense. If he can get you to hold on to the past, it will hinder you from moving forward. If you are going to move forward you will have to resist the temptation to hold on to your past and decide to “just let it go”.

The first step in letting go is to make the decision to let go. It is your choice. That may sound simple, but often it's not easy.

There is story that illustrates the conundrum we face in making the decision to let go.

Hunters in Africa, when they want to catch a monkey, get a container like a jar or something similar that has a hole in it that's big enough to get your hand in to it when it's open, but too small to get

your hand out when clinched in a fist. They then put some food in the container that will entice the monkey, something like a banana. Once they put the food in the container it becomes a trap, because when the monkey sees the banana in the container he puts his hand in and he grabs it. When he tries to take the banana out he can't get his hand out of the container because he is holding on to the banana. He's caught. He's trapped. And the hunters come and pick up the monkey.

If the monkey would just make the decision to let go, he could be free, but he won't let go. The power of choice is his. There is no outside force making him hold on to that banana. He wants to hold on to that banana more

that he wants his freedom, thus the conundrum.

Some of you are holding on to grudges and won't let go. Some of you are holding on to an offense caused by someone who mistreated you, and you won't let go. Others won't let go because they want to get even. They want to make that person pay and be hurt like they were hurt. They're thinking day and night about how to get back at that person, that company, the government, the church. It is like the banana. They won't let go, and they are caught in the devils trap. All they have to do to get free is make the decision to LET GO. It is their choice – it is your choice. The monkey won't let go because he has made the decision to hold on,

and he is trapped. What about you? If you'll let go, you can be set free. The decision is yours.

*You'll never leave where you are
until you decide to let go and move
forward.*

- Bruce Edwards



"When you finally let go of the past, something better comes along."

- unknown

CHAPTER EIGHT

Remember God

What has God done for you?

Don't forget - it's the key

While the first step to “just let it go” is simple and straight forward, making that decision is not easy. So, I have some helpful steps to assist you in making that decision.

After all, how can you just let go if you've done something really “bad” in your past? How can God ever forgive you? How can you forgive yourself? Often we feel unworthy and think we deserve punishment. We beat ourselves up with guilt and condemnation. How can you just let go and let someone off the hook who has done something terrible to you? How can you forgive them? You may be angry and want to get even with them; you may want to see them pay for what they've done. How can you let that go? How is that possible?

There are three things you need to do that will help you work through all of those questions and move you to a place of being able to make the decision to “just let it go”.

#1 Remember God

The first thing you need to do is remember what God has done for you. Remember His goodness, mercy, loving kindness and every good and perfect gift that He has given you. Remember Isaiah 43:25 which says, "***I am He who blots out your transgressions for My own sake, and I will not remember your sins.***"

Remember that God has forgiven you! He has forgiven you of every sin, mistake and mess up, AND - He remembers them no more! He said, He has removed your sins as far as the east is from the west (Psalms 103:12) and He said, though our sins are as scarlet He has made them white as snow. (Isaiah 1:18) Wow, what a loving and merciful God! If God has forgiven you, then you need to forgive yourself. Don't reject God's forgiveness, receive it. Your past mistakes and sins have

been buried in the ocean of forgetfulness.

If you allow the baggage of past mistakes to take over the present by not forgiving yourself, you are essentially saying to God, "I don't believe you forgave me." It is the devil who continues to remind you of your past, not God. To be able to "just let go" of your past failures - remember God has forgiven you, so you can forgive yourself.

Not only do we need to receive God's forgiveness, we need to extend forgiveness to those who have offended and hurt us. "Freely you have received freely give". (Matthew 10:8) Ephesians 4:32 tells us, ***"Be kind to one another and tenderhearted, forgiving one another, even as God in Christ forgave you"***

Paul is instructing us as believers to, "Forgive each other." Why? On what basis? Because God in Christ has forgiven us! Holding on to unforgiveness is like drinking poison and thinking it is going to destroy the other person, but instead what happens it destroys you.

Jesus further emphasizes the consequence of unforgiveness and holding on to offense in the parable of the unforgiving servant found in Matthew 18:21-35,

"Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy

times seven. Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' Then the master of that servant was moved with compassion, released him, and forgave him the debt."

This is a great example of how to- "just let it go" by having - COMPASSION, then RELEASE, and then FORGIVE. Let's continue reading:

Verse 28 - **“But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took *him* by the throat, saying, ‘Pay me what you owe!’ So his fellow servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you all.’ And he would not, but went and threw him into prison till he should pay the debt. So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?’ And his master was angry, and delivered him to the torturers until he should**

pay all that was due to him. So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

Jesus is giving us a very strong warning. If we do not forgive, we will be turned over to the torturers. This isn't an issue of salvation. This is a matter of a Christian who does not forgive being tortured. There are people who are saved, but they are being tormented because they are holding on to offense. They are harboring unforgiveness and thoughts of revenge. They think, "I'm not going to let that person off the hook. He owes me. She owes me. It's not fair. I have the right to be mad." They keep holding on to that hurt and offense and they are tortured on the inside. What a way to live. They keep holding on to that banana and just won't let go.

Look again at Isaiah 43:25
"I, I am He who blots out your transgressions." Now especially notice what God says next **"For my own sake."** Notice God did not say He was blotting out your sins for YOUR sake, but for HIS SAKE!

Why would God forgive us for His sake? Because He knows He can't afford to hold on to bitterness and offense either. Don't you think what we've done hurts Him? After all He's given us, our life and all the blessings that we enjoy. Then when we mess up and make mistakes, and sin against Him, it hurts and disappoints Him. But, He knows He can't hold on to that disappointment and hurt, otherwise it would destroy Him, God Himself. He chooses to let go and forgive, because He knows the power of forgiveness.

When people have hurt you, talked ugly about you, said things about you that aren't true, when they've disappointed you and mistreated you, what are you going to do? How are you going to let go of offense and bitterness?

Remember, the Lord forgave you! Think about how you hurt and disappointed your heavenly Father, yet He forgave you. By remembering the compassion God had on you and how he forgave you, it will help you extend the same compassion and forgiveness to those who have done you wrong.

If we are to “let go” of how others have mistreated and hurt us we need to - “remember what God has done for us”!

He's washed us and made us white as snow. He's forgiven

us. If He's forgiven us, then we need to forgive others and extend mercy to them. It's not that hard to just let it go when you remember what God did.

"He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins."

Ephesians 1:7

*"Some trust in chariots,
others in horses, but
we trust the LORD our God."*

Psalm 20:7 (NCV)

Just trust me.

~God

CHAPTER NINE

Trust God

Find the secret in relationship.

The second thing you need to do that will help you make the decision to “just let it go” is to trust God.

There is a reluctance to let go of the past because of fear. There is a fear that if you let go somehow people are going to get away with it and may even continue to inflict hurt and pain.

Sometimes people are afraid to let go because of guilt. They blame themselves and beat up on themselves because they believe they really deserve the pain and are afraid that if they let go something worse will happen. That is rooted in a lack of confidence and trust in God.

God alone is trustworthy. There are many things we put our trust in: our job, our possessions, our relationships, the government, even our church. But all those can let us down. They can all be lost. In this ever changing world, God is the only one we can count on to be an immovable rock in our life. He is always present; He never fails.

Proverbs 3:5,6 says, “**Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths**”. We should not even place trust in our own abilities and understanding. We need to look to God and make Him the source of all we need in life. Then we can have the confidence needed to let go of the past without fear of further loss and hurt.

What does it mean to “trust God”? How can you trust Him? Trusting God is simply believing that He loves you, He’s good, He has the power to help you, He *wants* to help you, and He *will* help you. Trusting God is simply what faith is. Faith is believing in and trusting God.

Real trust grows out of relationship. The way we can learn to trust Him is to develop a closer relationship with Jesus.

When you accept Jesus as your Savior, the Spirit of God comes to live inside you. He dwells in your heart, and you can learn to hear His voice and know Him more. That is exactly what Paul said, “I want to know Christ...” (Philippians 3:10) Paul already knew Jesus, so what did he mean? He was saying “I want to know Jesus more; I want a greater relationship with Him”. Invest time in knowing Jesus more. When you do, your trust in Him will grow.

God is faithful. He is the one who promises us His forgiveness

and gives us the grace to forgive others. How can you overcome the fear that can keep us from making the decision to let go? Trust God and let it go.

*But as for me, I trust in You,
O LORD; I say,
“You are my God.”*

Psalms 31:14

Respond to God



James 2:18 - I will show you my faith by my deeds.

“What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams.

1Samuel 15:22

CHAPTER TEN

Respond to God

*How to take action
that brings results*

The third thing, you need to do to help make the decision to let go is- Respond to God. Not only do we need to remember what God has done for us and trust God to be faithful with what He said He would do, we then need to follow through by responding to God with the appropriate actions. God only

becomes effective in our life when we respond to Him. That's what faith is – putting in to action what God tells us to do. James said, "Faith without works is dead." So when we hear of the goodness and the mercy of God, and that He has forgiven us through His son Jesus, we must respond by receiving that forgiveness. Then in turn, He expects us to respond by releasing that same mercy, grace, and loving kindness to those around us.

Our future depends on how we respond to God. Another way to say this is - "obey". There is an old chorus we use to sing that reminded us of this fact. It went like this:

"Trust and obey
For there is no other way
To be happy in Jesus,
but to trust and obey."

When we make the decision to “just let it go” we are obeying God. When we obey, it is evidence that our heart truly believes God. Dietrich Bonhoeffer, a Christian leader in Germany during the rule of Hitler wrote, “Only he who believes is obedient, and only he who is obedient believes.”

Do you believe God? Do you trust Him? Then obey what He says to do. Respond to God by taking the appropriate action and – “Just let it go”.



*Come to Me,
all you who labor
and are heavy laden,
and I will give you rest.*

Matthew 11:28

CHAPTER ELEVEN

Let Go Let God

*How to get in position
for God to move.*

Letting go is not easy, but only by letting go do you position yourself to “Let God”. That is why it is so important to make the decision to “just let it go”. Pilots describe the moment of take-off as a time of freedom when the plane defies gravity and literally releases its attachment to the

earth. Pilots need courage to “let go” and trust the plane’s aerodynamics to function properly and fly.

It takes courage to make the decision to “let go of our past” and have faith in God to work everything together for good. When we do, we open the door to freedom and for the power of God and all He has for us to be released into our lives, in other words to 'Let God". To reach that point, you have to remember what God has done for you, develop your trust in Him and then respond to Him by taking action. That is what faith is. Your faith will enable you to let go and let God.

“Letting God”, simply means surrendering our will to His will for our life. “Thy will be done.” (Matthew

6:10) We make Jesus Lord of our life – master and ruler of our heart. We choose to follow Him and the leading of the Holy Spirit. We allow God to be God.

Part of letting go is the realization that you need to “let God”. We're not God. We're not the one to judge. We're not to repay evil with evil. (Romans 12:17). We're not the one to bring vengeance. Vengeance belongs to the Lord. (Romans 12:19) Trust God to do His job. Let God be God. He will work everything together for good. (Romans 8:28). He will provide you safety, strength, security, and serenity if you will let go and allow God to help you navigate life. Let God have His way in your life!

The challenge we have is control. We want to be in control, but if we are going to “Let God”, we have to surrender to Him and allow Him to work. Psalm 46:10 says, “**Cease striving and know that I am God.**” (NASB) Trying to be in control and relinquishing control at the same time just doesn’t work; they can’t co-exist inside the same heart. When we let go and let God we are able to rest and stop striving.

When you let go and let God, He can turn your TEST into a TESTIMONY & your MESS into a MESSAGE.

CHAPTER TWELVE

Get Started Now

*How to begin moving
into God purpose*

The Apostle Paul was able to make the decision to let go and start moving forward with God's plan for his life because He wanted to fulfill his purpose more than he wanted to get even or to get revenge. He had a greater desire to embrace God than to try and impress people. Decide

today to get started in moving forward toward the prize of the upward call of God for your life. Do you want that more than holding on to hurt, offense and bitterness? Do you want to move higher with God? You will always move toward what you desire the most. You can start over no matter where you are at the moment. It is never too late to get started! The key is to start. Get started now!

This is a moment of decision for you. I am challenging you to start now by taking action, to just let go of those things in your past that are holding you back. It is time to move forward into what God is calling you to. Look ahead. Don't look behind. Don't try to move forward while looking in the rear view mirror. Stay focused on what lies ahead.

For some of you, you haven't done things like you know you should have, and others of you have done some things you shouldn't have. Some of you have been hurt and offended. You've been criticized, slandered, and beaten- if not physically, emotionally. For some of you, there are things you're harboring, and you're holding on to unforgiveness because of them. Others of you, your mom or your dad did something to you twenty or thirty years ago, and you're still holding on to it. You may be stuck in a rut of mediocrity and it is time do something even greater. Others of you, it's a dream or vision that has been delayed and you wonder if it will ever come to pass. Now is the time to start to "just let it go" and begin to move toward the prize.

I have good news for you! No matter how messed up your life might be, or how terrible things have been in your past, you don't have to stay there. You don't have to let the guilt and shame hold you down. You can be set free. You need to cut them off and release them. Let them go and move forward into the high call that God has upon your life. God has a plan and a purpose for your life. It's time for you to move forward. Take the things shared in this book and begin to apply them to your life. **GET STARTED NOW - "JUST LET IT GO"**.

Get Started Now

*“Start by doing what's
necessary; then do what's possible;
and suddenly you are doing the
impossible.”*

Francis of Assisi



Forget What's Behind

CONCLUSION

There's a story of two monks who were on a pilgrimage. As they were traveling they came to the bank of a deep river and came upon a young lady who was in great despair, her eyes filled with tears. She was crying, because she was afraid to cross the river, and she needed to cross to the other side to get where she needed to be. When she saw the two monks she turned to them and began to beg the two monks to carry her across the river.

The younger monk turned his back to her immediately, because the law of that order of monks was that they were not even to look upon women, let alone touch them.

But the older monk immediately picked up the young lady, carried her across the deep river, put her on the bank and let her go on her way. After letting her go he immediately began to move forward toward his destiny, purpose and the things that he had been pursuing.

The young monk ran quickly to catch up with the old monk, and began to scold the older monk. He berated him, because he had disobeyed the law of the order of monks. He had broken his oath. The young monk continued throughout the whole day berating this monk about breaking the law and giving up on his vows. This went on and on into the evening, scolding and admonishing the monk about how he had failed. Finally, when the

night was about over, the older monk looked at the young man and said, "Listen, I only carried that person, that woman in desperate need, across the river, then I let her go. You've been carrying her and holding on to her all day long."

How many of us are like the young monk, holding on to things we should and need to just let go of? They may be things we've done or things others have done, but the outcome is the same; if we continue to hold on it opens the door to offense, bitterness, and anger to take root in our life, and they become barriers that hold us back. Are you allowing the past to keep you from moving forward? Take the advice of the Apostle Paul and do this one thing, forget what's behind, just let it go and move forward to what God has for your life.

The Lord is reaching out with a hand of mercy and saying, JUST LET IT GO. No matter how hard you've tried or how guilty you may feel, now is the time to stop blaming yourself or blaming others and forgive; forgive yourself, forgive others.

Sometimes it's difficult to let go, but don't let one more minute go by holding on to the past. It is like keeping garbage in the house instead of taking it out to the dump. The longer you hold on to it, the stinkier it gets. Don't carry your garbage another minute. It's time to take the garbage out. It's time to let things go.

This is a very simple word, yet it can have a profound impact on your life. It's a word that can catapult

you into the future. It's a setup for your ultimate destiny if you hear the word: **JUST LET IT GO!**

Do you hear it? Do you see it? Let the eyes of your spirit see the high calling that God has on your life. It's ahead of you. It's not behind you. It's not to the left or the right, but if you're going to go there, if you're going to mount up with wings like eagles, there are some things you've got to let go of. You're like a kite, and if you hold on to all the things of the past, they will become a tail of weights that keep you from getting off the ground. You've got to let go of the weights that so easily beset you, the failures, hurts and disappointments and get focused on Jesus and what lies ahead. (Hebrews 12:1-2) Now is the time. **JUST LET IT GO!**

Don't be like the monkey who gets his hand caught in the jar, holding on to the banana and who can't get loose because he won't let it go. Make the decision to let go and let God. It is time to receive God's forgiveness. This is about putting your trust in God and receiving His loving kindness, so you can step into your destiny.

Remember what God has done. Trust in Him. Respond to Him and move forward into that high calling, that prize that God has called you to. "This one thing I do, forgetting that which is behind and pressing towards the mark of the prize of the high calling. **JUST LET IT GO!**

Personal Prayer of Commitment

JESUS, I ASK YOU TO FORGIVE ME WHERE I HAVE FAILED, AND I CHOOSE TO FORGIVE THOSE WHO HAVE HURT ME. I'M GRATEFUL THAT YOU'VE SAVED ME AND THAT YOU'VE FORGIVEN ME. I LET GO OF MY PAST, AND I LOOK TO MY FUTURE. I PUT MY TRUST IN YOU, AND I CHOOSE TO LET GO OF THE HURTS, DISAPPOINTMENTS, AND PAINS OF MY PAST. I CHOOSE TO LET GO AND LET GOD SO I CAN MOVE FORWARD TOWARD MY FUTURE. I WANT TO FULFILL MY PURPOSE AND MY DESTINY. I WANT TO EMBRACE YOU MORE THAN ANYTHING ELSE. I WANT TO KNOW YOU AND THE POWER OF YOUR RESURRECTION AND THE FELLOWSHIP OF YOUR SUFFERING. I WANT TO WALK OUT MY DESTINY. I HAVE MADE THE DECISION TO JUST LET IT GO!

Signature

Date

Get a Jump Start

Here are seven quick things you can do to get a jump start on letting go and keeping your heart free from offense and bitterness.

- 1. Don't Get in Strife – just don't.*
- 2. Be Forgiving. It's your choice.*
- 3. Be Flexible. Better to bend than break.*
- 4. You Don't Have to be Right. Being right is not always the right thing to do.*
- 5. Stop to Pray. It works!*
- 6. Respond Don't React. When you react you will regret.*
- 7. What Would Jesus Do? Always do that!*

Hopefully this book has helped you break through barriers and obstacles in your life. I want to help you continue to grow and live the life

God has for you. Go to the website www.breakthroughforyou.com where you will find several helpful resources to grow spiritually and strengthen your faith.

Be Blessed

Bruce

Brothers and sisters, I do not consider myself to have attained this. Instead I am single-minded: Forgetting the things that are behind and reaching out for the things that are ahead, 14 with this goal in mind, I strive toward the prize of the upward call of God in Christ Jesus.

Philippians 3:13-14 NET

