

Knowing When to Let Go

Part 2- *Why Do I Need to Release It?*

Ephesians 4:22 tells us that we need to "put off" negative behaviors, thoughts, attitudes, and deeds. These are the things that hold us back in life, and more to the point, they interfere with our relationship with Heavenly Father. If we don't purpose within our minds and hearts to deal with negatives, they will sometimes turn into larger problems or what is commonly termed "strongholds".

If my son misbehaved and I failed to address it, my father would say "You'd better deal with that now or you're going to spoil that child!" As a young mother I didn't understand his wisdom, but now I do. Warnings against rearing a *spoiled child* was often spoken by my elders, and I dismissed it as their reliance on old thinking and traditions that hinder progress. We're so inundated with books and messages that presume to tell us how to raise our kids; sometimes we forget that good parenting really boils down to just plain ol' simple common sense.

My father was telling me that if I didn't take corrective measures to confront my child's negative behavior, then he might not know that he was doing something inappropriate or wrong. The elders understood that one seemingly insignificant misstep can turn into something that causes a huge roadblock down the road.

Many of us have carried negative patterns and habits from childhood into adulthood. We perhaps were never called to task on those things, or we were allowed to continue the behavior. It's possible that now those negative patterns have turned into habits that are a bit challenging to break. In some extreme cases, the little cravings for the inappropriate or wrong that we had as children are causing us to feel as though we can't do without those harmful things as adults. These are what some consider to be strongholds. They are addictions or negative patterns that have developed as a result of repetitive negative behavior.

1

Scripture taken from The Message. Copyright ©1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Scripture quotations marked (NLT) are taken from the *Holy Bible, New Living Translation*, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

"Knowing When to Let Go: Part 2- Why Do I Need to Release It?" written by Reverend Fran Times-Mack, edited by Kim Times for Sundie Morning Sistas ©2009. All rights reserved. All done to the glory of God through Jesus Christ, our Lord! Sundie Morning Sistas is dedicated to spiritual inspiration and encouragement through the Word of God.

Ephesians 4:22 NKJV

22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

Deceitful lusts have been on the scene for a very, very long time. Adam was created perfectly. He was God's masterpiece, His *pièce de résistance*! Adam was not a robot. He was created with the ability to make a choice. He could choose whether or not he would obey God's wishes, and so can we. And just like Adam, our choices are fueled by what we desire, and in many cases they are fueled by lust. When it comes to our spiritual well-being we have to make a decision between two things. Will we satisfy a desire for righteousness, or will we satisfy the lust for those things that undermine our walk with God...for those things that deceive us?

The lusts that undermines our relationship with God are the deceitful lusts it mentions in Ephesians 4:22 NKJV. They deceive us by tricking us into believing that if we satisfy them- we will be better off than we would be if we didn't satisfy them. This is a trick from the devil indeed. These lusts may have been spun from a bad attitude or a desperate need that wasn't addressed when we were children. As an adult they can become destructive habit patterns that--if left unaddressed--may cause us to continue to spiral downward.

All of us have to realize that whatever we feed will grow. Therefore, we have to stop feeding ourselves the wrong things. It's a misconception to think that we will not have deceitful lusts; we will, but it is solely our choice to feed them or not. Ephesians 4:22 doesn't tell us to *put off* the lust, it tells us to *put off* the conduct. It tells us to stop nourishing and nurturing things that cannot bring true prosperity, love, peace, and joy your way.

Most will say that they don't have any issues like this, but that is only because they have been deceived. We all have something that we need to work on. Some of us are addicted to the wrong kind of people. We nurture a lust for the person who either constantly tears us down and/or helps us to remain stuck at a level that is far beneath our privilege. We do this by responding to their negativity with more negativity. We can't see ourselves doing without this person, even though they're hurting us. Others of us are addicted to substances like food, alcohol, and drugs. We excessively crave these things because we feel deeply that something inside us is missing and a substance, person, or thing can fill the emptiness or make it feel better. A whole lot of us are in bondage as a result of bad attitudes. We simply haven't changed our hearts because we are waiting on God to do it for us.

2

Scripture taken from The Message. Copyright ©1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Scripture quotations marked (NLT) are taken from the *Holy Bible, New Living Translation*, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

"Knowing When to Let Go: Part 2- Why Do I Need to Release It?" written by Reverend Fran Times-Mack, edited by Kim Times for Sundie Morning Sistas ©2009. All rights reserved. All done to the glory of God through Jesus Christ, our Lord! Sundie Morning Sistas is dedicated to spiritual inspiration and encouragement through the Word of God.

God wants us to let Him help us, but He will not make the changes that He has told us to make. He told us to take it off, get rid of it, and put it away and that's what He meant. We have to want to change and then begin to do something about it. We have to move our feet in the direction of change. God will then help us as we demonstrate our desire for something real. If He has told us in Ephesians 4:22 to *put off* the conduct that keeps us in a negative state, then it must be possible for us to do it or else He would not have commanded it. Trust with your whole heart that through Jesus Christ it can be done.

Christ made available an extraordinary gift from God that resides on the inside of us. It's the indwelling Holy Spirit. Ephesians 1:13 NKJV says "*In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise,*" John 16:13 tells us that this Holy Spirit of promise will lead and guide us. Wake up and realize what it is showing you. God wants you to move up. He wants you to stop going around in circles, making the same mistakes over and over again. The gift that resides inside you will help you to release the negativity so that you can move forward in blessings and spiritual growth.

Why do we need to release negativity? We need to release it because it blocks our vision. Negativity keep us from seeing the very things that we want so much in life, but you can't hold on to it and expect to hold the goodies too. Understand that with God you are always in a position to trade up. You are never the worst for trusting Him. Ephesians 4:24 (The Message) tells us to get rid of negative thoughts, behaviors, attitudes, and deeds, and embrace a whole new way of life, a life that is renewed!

Know that as you release anything toxic....anything worldly that's been rooting and settling at the seat of your being, there's bound to be some discomfort. But we have Jesus Christ! He's our precious Lord and Savior and we can make it through anything with him. He is on the inside of us working. Sometimes we may not see how, but if you'll have the humility to recognize that you've got some internal housekeeping, if you'll have the courage to begin to look for help and ask Jesus Christ to lead, guide, and direct you; I guarantee that in a little while from now, you won't recognize the "*new you*" you will have become.

3 Scripture taken from The Message. Copyright ©1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Scripture quotations marked (NLT) are taken from the *Holy Bible, New Living Translation*, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

"Knowing When to Let Go: Part 2- Why Do I Need to Release It?" written by Reverend Fran Times-Mack, edited by Kim Times for Sundie Morning Sistas ©2009. All rights reserved. All done to the glory of God through Jesus Christ, our Lord! Sundie Morning Sistas is dedicated to spiritual inspiration and encouragement through the Word of God.