

# Knowing When to Let Go

## Part 4- *Recognize His Help*

Sometimes we look at our lives and think that our circumstances are just too crazy, too wrong, too bleak to straighten out. We may even question whether or not they matter to God. We feel undeserving, that we are beyond the reach of His help. This is never the case. The eyes of the Lord are forever upon us. He is aware of every detail that affects our lives. That is a tremendous reality, so much so that we can scarcely take it in, but it's true. 2Chronicles16:9 says that God is constantly looking through the earth, even its nooks and crannies. He's looking for an opportunity to show up in our circumstances and reveal His out-of-box strength, power, and love.

God knew the effects that fear would have upon us, and yet He does not prevent them. He knows that addictions and obsessions with things, people, and behaviors can make us sink lower than we ever thought we would, why? Because they all have their roots in the fear of letting go. You might think to yourself that it sure would be nice if God had created us without the ability to experience fear. If He had, we would never become who we were meant to be, because we would never understand what it means to triumph through Christ Jesus. We would never come to respect and appreciate the gift that we have been given.

John 3:16 (KJV) says that God loved us so much that He gave us the incomparable gift of His son. The enormity of that truth cannot be matched or overlooked. It's important to God that we understand the heft of His gift, because that is the only way to comprehend on some level the heft of His love. Sure, we can see it in the flowers and the trees...the moon and the stars...the sunshine and the blue skies, but it goes much deeper than that. He wants our minds and hearts to process how we can be at our lowest point, and then through Christ, triumph and transform to our highest point.

The distance between being really low--trapped by fear, depression, worry, and doubt--and being free is measured by how much we are willing to trust God. Trusting Him is the way we show our appreciation for all He has done. Hebrews 11:6 (KJV) says "*But without faith [it is] impossible to please [him]: for he that cometh to God must believe that he is, and [that] he is a rewarder of them that diligently seek him.*"

Not only does God want us to trust that He is willing and able to help us, but He wants us to trust what He has done to make this help available. You see, these two beliefs go hand and hand. Most of us would not go to God for help if we didn't believe that He existed. Hebrews 11:6 makes that very plain, but we also have to believe that He rewards those who put forth a diligent

effort to seek Him out. You have to think about this a minute. What does God mean to diligently seek Him? He's in heaven, we all know that. We know where He resides, we know who He is, and we know that He helps, so why would we need to diligently search for Him when we know where God is?

Well that's just it! We know where God is and we know who He is, and yet that does not prevent us from behaving in a way that is completely contrary to His love. We cling to the negative because we're temporarily blinded by it. It blocks our vision and keeps us from seeing what we need to see. Romans 1:18-23 says *"But God's angry displeasure erupts as acts of human mistrust and wrongdoing and lying accumulate, as people try to put a shroud over truth. But the basic reality of God is plain enough. Open your eyes and there it is! By taking a long and thoughtful look at what God has created, people have always been able to see what their eyes as such can't see: eternal power, for instance, and the mystery of his divine being. So nobody has a good excuse. What happened was this: People knew God perfectly well, but when they didn't treat him like God, refusing to worship him, they trivialized themselves into silliness and confusion so that there was neither sense nor direction left in their lives. They pretended to know it all, but were illiterate regarding life. They traded the glory of God who holds the whole world in his hands for cheap figurines you can buy at any roadside stand."*

He has given us everything through His son, Jesus Christ. When He did it the first time there was no need for God to backtrack or do a do-over. He did it perfectly from the get-go. Everything we need is in the earth. Trusting and believing this great truth will convey your understanding and appreciation of exactly what Jesus Christ accomplished. God is telling us *"Kids, whatever it is that you need, I got it. I've already made it available to you through Jesus Christ, but he's not going to just plop it in your lap because you would never learn to exercise faith. You've got to be relentless, patient, and search diligently so that you will be convinced that my love can be found in even the most obscure places."*

Without Christ we are forever blinded, but through him, we can always find what we're searching for. And when we finally discover the help, blessing, or breakthrough we've diligently sought, it signifies that we have exercised faith. It signifies our supernatural ability to see through the eyes of the spirit. It means that you were not just looking in one or two places, you were more than willing to engage an exhaustive search. We talked in Part 3 about cues. They are everywhere. God has ensured that they are planted throughout our environment to help us get to victory. You have to wake up and recognize them. Stay alert and keep your eyes peeled. Sometimes you'll have to look in the newspaper, research books, look on the internet, go through the yellow pages. You can't leave any stone unturned because you know in your heart of hearts that God has already provided what you need through Jesus Christ.

In John 14:6 (KJV) he tells us that Jesus Christ is indeed *"the way"*! He's *"the truth"* and *"the life"*! He already blazed the trail. The path has been laid and the way to victory has been made. You and I have to find it...we have to seek it out, not just one day, but every day. Each morning

when we rise, we have to open our hearts to Christ with a willingness to release what hinders us and embrace what heals us. We do not have to question whether or not Jesus will meet us. He is right there, and he will guide us to the place we need to be, where our feet can be planted on solid ground.

Open your heart and trust that God is leading you. Recognize that Jesus Christ is the way to your healing, your breakthrough, your blessing. Without him you are not equipped to steer. Let go! Trust that as you pray in his name he will guide you. He guides us to the resources that will bring us what we desire. Again, sometimes you will be led by cues that come through other people. Sometimes it's through books or other forms of media, and sometimes it is something completely out of the ordinary that rattles your senses and gets you to wake up. It helps you to snap out of your normal routine...out of your everyday habits....so that you will recognize that you are being led by our savior.

He's the truth. He will not steer you in the wrong direction. Jude 1:24 (KJV) says that he is able to keep you from falling. There is no greater foundation than that of our Lord and Savior. Even when it feels shaky, when you feel as though you couldn't possibly make it through the next minute, he's there holding you up. You can lean on him and make it through. He has no part in fear, because fear is not the truth. This is not to say that we won't be afraid, but we cannot allow that fear to paralyze us. We can't allow it to keep us from trusting in the love and guidance of Christ.

Jesus Christ is the life! He is where the action is. He knows the best in us even when we don't know it ourselves. He knows how to get us from point "A" to point "B". He knows where we are supposed to be and when we are supposed to be there. There isn't anything about our existence that is new to him. He experienced it all, and then some, for our sakes. So we can place our every trust in him. We can give him our all and he will make absolutely sure that we are better for it.

So you see, you can never again stand before the throne of our Heavenly Father in prayer and behave as though He has somehow failed you or left you falling short. Through Christ He has thoroughly equipped you. Colossians 2:10 (KJV) says that you are completely, completely, complete in Him. Pray that your eyes will be open to that next dimension of spiritual growth, one where you see through the eyes of your spirit and recognize that through Christ you have all the help you need.