

LETTING GO



A man was walking along a narrow path, not paying much attention to where he was going. Suddenly he slipped over the edge of a cliff. As he fell, he grabbed a branch growing from the side of the cliff. Realizing that he couldn't hang on for long, he called for help.

Man: Is anybody up there?

Voice: Yes, I'm here!

Man: Who's that?

Voice: The Lord.

Man: Lord, help me!

Voice: Do you trust me?

Man: I trust you completely, Lord.

Voice: Good. Let go of the branch.

Man: What???

Voice: I said, let go of the branch.

Man: [After a long pause] Is anybody else up there?

Funny joke told many times in many places across the world. We can't help but laugh mainly because we hear the truth in this situation that reminds us of ourselves and others we know. We all have cliff-hanger situations in our lives where we need help but seem helpless and isolated. Sometimes other people cause our distress, but much of the time it can be self-inflicted. For Believers in the Almighty God it seems like letting go should be easy but it's not for most of us. Many people, Believers or not, hold onto things that we should let go of much too long....sometimes for a lifetime. Let's explore **WHAT** we should continue holding, **WHY** we need to **LET GO**, and most importantly **HOW** do we **LET GO**.

Holding On



We all know one of “**those people**”, the ones that hold on to things forever. In fact, **we all may be one of “those people”**. Whether it be physical or non-physical, we humans have **mastered the ability to hold on**. We hold onto physical things like People, Food, & “Stuff” (houses, cars, pictures, clothes, money, toys, jewelry, gifts...)



We also hold on to non-physical things like Beliefs, Dreams, Memories, Traditions, Feelings... Fortunately for us, we can only hold onto a limited

amount of physical and non-physical things. When that limit is reached, **something** has **to give or something/someone breaks down**.

Then Jesus said to them, “Be careful and guard against all kinds of greed. People do not get life from the many things they own.”

Luke 12:15 ERV

Because we collect our vast amount of physical and non-physical things over many years of time, we may have once had a specific use for our physical, spiritual, mental, and emotional STOREHOUSE. But now we need to question honestly what we actually need to hold onto to **get through Today** and what is **Essential to move forward**. *If our house or town was on fire and we had to get out now, what would we take with us.... our answer is our essentials.* If we are holding onto anything that is not **absolutely necessary** for **Today’s** survival and is **Essential** for moving forward, it should be **eliminated today**. Sounds harsh. No one can force us to eliminate our acquired STOREHOUSE. But if we do eliminate our excess, our life Benefits will Exponentially Expand.

Why Let Go

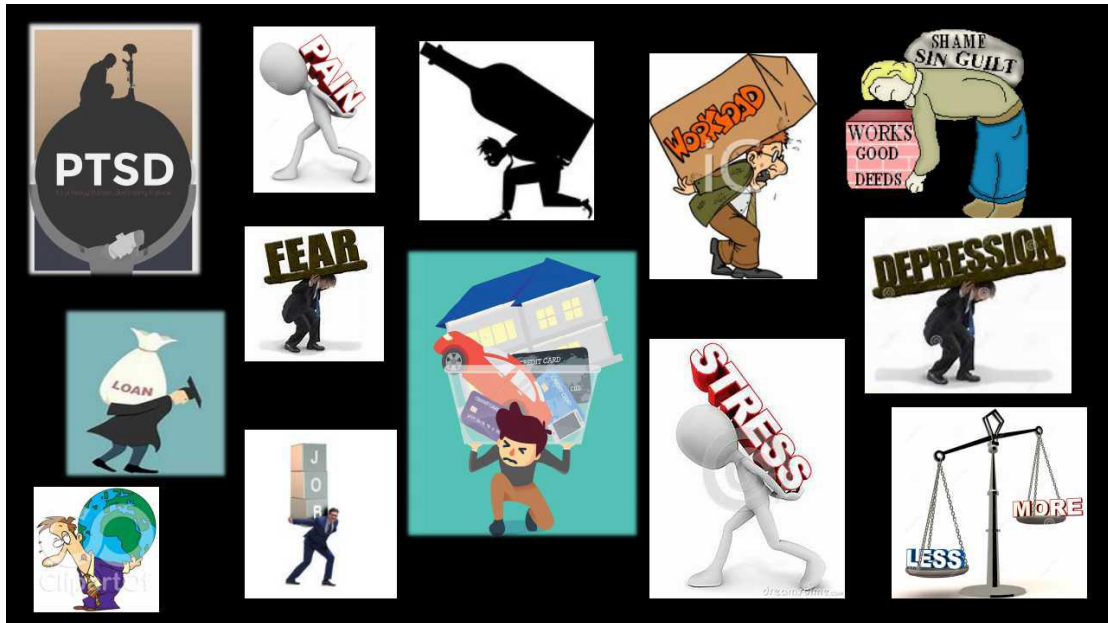
There is a time to look for something and a time to consider it lost. There is a time to keep things and a time to throw things away.

Ecclesiastes 3:6,7



The most precious resource that humans have is **Time**. Our Creator has given each person **'X' amount of Time** to live and complete **our purpose** on Planet Earth. Approximately **151,600 people die each day** worldwide. None of us know the exact moment that we will die, but we all will. But as Abraham Lincoln said, *'In the end, it's not the years in your life, it's the life in your years that count.'* So to get the most out of our **one lifetime**, we need to **let go** of the **non-essentials** that limit our time, productivity, growth, joy and get in return:

Benefits Benefits



No one on their deathbed ever said that I wish that I had more stress or fear or debt or guilt or pain or depression in my life before I die. Nor does anyone say that I wish that I could work right up to my last breath. Yet these are the heavy and often unnecessary loads that we carry through life until our death. These are the non-essentials that we have to let go or they will severely limit the actual life that we **LIVE** versus **ENDURE**.

**ROOM TO
LEARN
SHARE
& GROW**



Brothers and sisters, I know that I still have a long way to go. But there is one thing I do: I forget what is in the past and try as hard as I can to reach the goal before me. Philippians 3:13

We have to let go so that we can learn a **new way** that is different than the crap that has been handed down to us for centuries in religions, philosophies, and education. There is a **true intent and way** that we humans should live our lives. Unfortunately this true intent has been **distorted and twisted** since Mankind first walked the Earth and now it is a jumbled mess that the Apostle Paul called **dung...poop...crap... manure**. If we have lived long enough, we may have been constipated at

some point. It is a terrible feeling if we cannot get rid of the waste from our bodies. If the constipation continues too long, it will become toxic to our bodies and we become very sick or die. People across the Earth are now constipated with physical and non physical **Non-Essentials**, thus our societies **are Toxic**. We need to let go and create space by **releasing the crap** so that we can **add Essential Nutrients** to our minds, bodies and spirits.

At one time all these things were important to me. But because of Christ, I decided that they are worth nothing. Not only these things, but now I think that all things are worth nothing compared with the greatness of knowing Christ Jesus my Lord. Because of Christ, I lost all these things, and now I know that they are all worthless trash. All I want now is Christ. Philippians 3:7,8

How To Let Go

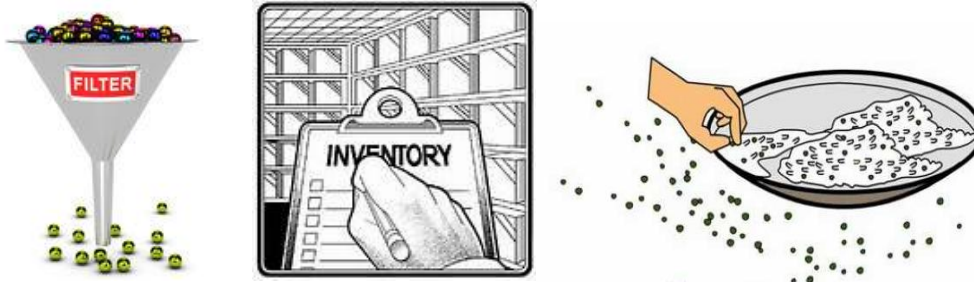
Many of us know that we should let go of things that are hurting us or holding us back, but we don't know how. So after much Trial and Error, and inquisitive time in prayer, the Spirit revealed these 10 steps as meditation and practical tools on **How to Let Go**:



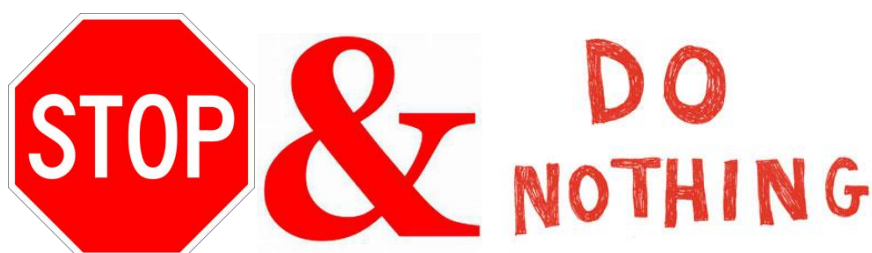
1. **Letting Go Takes Time...**The Time is what it is. Don't rush or delay...Just start the process now.



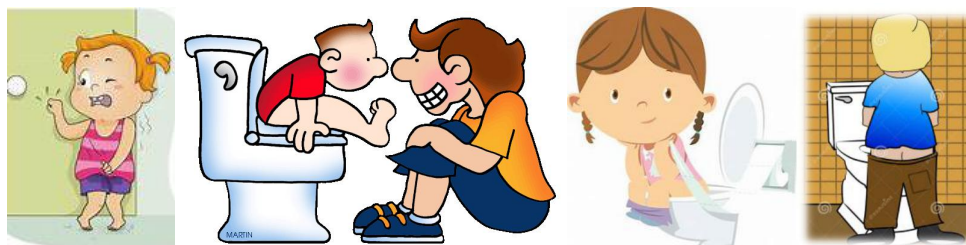
2. **Begin the process with the end in mind.** Tombstones don't have inscriptions that read *'he made millions of \$\$\$...she had a great body & was very pretty...he lived with the most fear...she was a master of depression...they had a big lovely house'*. Let your daily retention focus reflect what you would like to be remembered for.



3. **Filter Non-Essentials For Removal.** Take inventory of things consuming (time, resources, space, thoughts...). Write them down. If these things are not helping you live today's life and are not essential to move forward, mark them for deletion.



4. **Start Removal by STOPPING!!!** Much of our issues come because we **continue giving life** to the Non-Essential thing by **thinking about and acting on it**. If we just **STOP AND DO NOTHING** we can gain a non-scientific estimated 60% improvement. Example: I loved to run but it was causing me severe pain in my surgically repaired knees...so I reduced my runs from 3 times a week to 1, took anti-inflammatory medicine, iced my knees, limited standing & walking, changed running surfaces, bought new running shoes...then one day I listen to the Spirit say just **stop running**. I did and eliminated not only the pain but also the 10 other things that I had to do to keep the Non-Essential alive. I realized that I was running to compensate for my poor eating habits...hence my next Non-Essential to let go was revealed. Give yourself permission to **STOP**. Create 'a' success story. Clearing away the easy Non-Essentials first will establish a removal template and enable a better view of the more difficult ones.



5. **Follow The Human Body Example for Eliminating Waste.** A healthy person may urinate anywhere from four to ten times in a day. Depending on your diet, age, and daily activity, a person may have three bowel movements a day to three each week. We should develop

a similar cycle to eliminate Non-Essential waste in our life like the human body does.



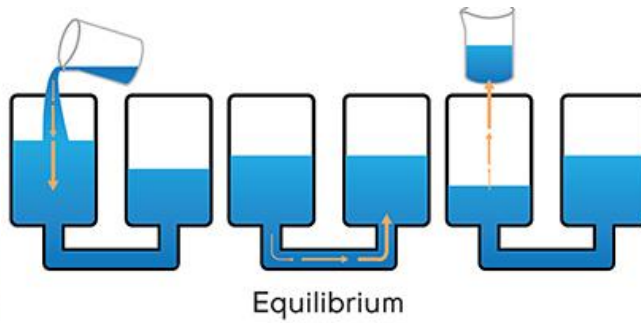
6. **Establish the existing or New Essential that replaces the discarded Non-Essential if there is a need.** A truly good sustainable diet is not based on restriction of bad food; rather it focuses on eating healthy foods regularly. Bad memories can be eliminated and replaced with existing good memories or by making and focusing on new good memories. Repeat this focus on the good essential until it becomes a habit that weeds out the old discarded Non-Essential.



7. **Focus on the abundance that we already possess.** We all get 86,400 seconds everyday of our life. We have a brain to think...internet resources...air to breathe...food and water...a level of health...other people who experienced life...24/7/365 opportunity for prayer with the Creator of the Universe.



8. **Learn the Lesson:** ask yourself what value was this non-essential to me, why did I hold on so long, what benefits do I gain by eliminating it. Write the answers down. If you do not learn the lesson about the thing you eliminate you will keep it on life support and repeat it.



9. **Live Fully with Your Adjusted Equilibrium.** Don't look back because it's not the way you are going. Use the memory of the Lesson Learned and focus on it when the old non-essential re-enters your mind. As you add essentials and delete non-essentials your whole being will find its new balance if you give it time.



10. **Repeat Often. Make Letting Go A Daily Habit.**

The Simple Life

We have all these great people around us as examples. Their lives tell us what faith means. So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall. Hebrews 12:1



Life is a journey that is much easier traveled without things that hurt us or hold us back. Through our life journey it is easy and inevitable for us to hold on, but it can also be just as easy for us to learn how to Let Go. Remember when we Let Go that Our Creator is there to hold us and His Spirit will guide us down the Simple Road of Life. The choice is yours. **Choose The Simple Life. LET GO.**