

LET IT GO

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Most people's New Year's resolutions involve things to add or incorporate into your life: losing weight, reading through the Bible, decluttering your house, filing your income tax before April 15. (I hereby make a public commitment on that last one. Feel free to ask me about it.)

But some people don't need to add anything else, they need to LET GO.

Judy's ex-husband made some horrifically sinful, deceived, foolish choices that culminated with sex-change surgery. For months she has been tormenting herself daily with false guilt: if she had loved him more, if she had changed this or that, he wouldn't have mutilated himself, now preening before a mirror at how beautiful he thinks he is. She needs to let go of the fantasy that it was within her power to fix him or change him. She needs to let go of the refusal to accept reality.

Polly is married to a difficult man. Neither one knew the other well when they married after a short internet courtship. She believed that marriage was an endless supply of unconditional love, acceptance and conversation. He believed that marriage was an endless supply of sex multiple times a day. Fifteen years later, she sees women she thinks are released from their sin-wracked marriages and doesn't understand why God keeps telling her to stay put and trust Him. She needs to let go of the fantasy of an easy out that would solve her problems.

Diane dances at the brink of disaster, focusing on how wonderful it would feel to nuzzle and cuddle the other women

she's attracted to. When she crosses the line into flirting, touching inappropriately, and making suggestive small talk, she destroys one friendship after another. She needs to let go of the resentment that God says same-sex relationships are wrong and let go of the fantasy that if He would just say it's okay, she could cross the line with impunity and she could get what she's sure would make her happy. Finally.

Colleen bought into the lie that she could get away with cheating on her husband. When she came to her senses after the divorce was final and her husband had custody of their children, she begged for forgiveness and reconciliation. But he had given himself permission to move on, and refused to consider it. Now she beats herself up regularly: "I can't do this! I want my family back! What can't I have my family back?" She also needs to let go of her refusal to accept reality, pushing back with, "I don't want reality! Why can't I have my family back?"

Brae carries deep wounds from her family. Unrelenting shame often erupts in rage, but Brae cannot imagine being able to express her rage at her shaming parents. So she directs it at herself through life-threatening self-injury. She needs to let go of the belief that watching her blood flow into the bathtub is a solution to the emotions that overwhelm her. And she needs to let go of the belief that hurting herself is the only way to release the rage inside.

We all cling to wrong beliefs and sometimes demonic deceptions that we trust to make life work, but they are our blind spots. We can no more identify those false idols than a fish can tell you what water is.

That's why one of the best prayers we can pray is, Lord, show me where I'm being deceived. Reveal my idols to me. Show me what I'm trusting to make life work instead of You. Shine a light on where I need to let go of every thought, every habit, every burden, every encumbrance that so easily entangles me

(Heb. 12:1).

And then LET GO of whatever He shows us.

Often, God uses other people who are “doing life” with us, who don’t have blinders on like we do, to point out the self-sabotaging or dangerous or foolish things we cling to-or which we allow to cling to us. This is yet another reason He wants us to live in community, where we know and are known and people will speak the truth in love to us.

When they point out something that is a self-sabotaging or dangerous or foolish encumbrance, we need LET IT GO.

Lord, I need You to help me LET GO of whatever You convict me of. In Your strength, I set it down, relinquishing it into Your hands. Receive this thing as an act of worship. I can’t do it on my own.

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