

## LESSONS LEARNED

### Day 2: The Lesson of Letting Go

**Scripture:** *"Cast all your anxiety on Him because He cares for you."* — 1 Peter 5:7 (NIV)

#### Reflection:

Letting go is one of the most challenging and yet most freeing acts of faith we can practice. It sounds so simple—just give it to God. But in reality, letting go often feels like surrendering a piece of our identity, our plans, or even our pride. We hold on so tightly because we want to control the outcome, protect ourselves from pain, or fix something we were never meant to carry.

I've been there. I've held onto situations, people, hurts, and hopes longer than I should have. One of the hardest things I ever had to let go of was the image in my head of how life was "supposed" to go. Whether it was the way my family should function, how relationships should work, or the way I imagined a dream unfolding—it was painful to realize that I wasn't in control.

But here's the truth I'm still learning: letting go doesn't mean we're weak. It means we're wise enough to recognize that God's hands are stronger than ours. When we release the grip, we make space for His grace, His healing, and His direction. Peace doesn't come from managing everything—it comes from trusting the One who already has it managed.

Sometimes we're holding onto grief, anger, resentment, or fear. Sometimes it's a toxic relationship, a deep disappointment, or an unfulfilled dream. And sometimes, we're simply holding onto the idea that we have to handle it all ourselves.

Whatever it is for you—God is ready and willing to take it. He doesn't just ask us to let go because it sounds good. He asks because He cares. He knows the weight you're carrying. And He's offering something better in exchange: rest, peace, and freedom.

### **Prayer:**

God, I release what I've been clinging to—every burden, every fear, every outcome I've tried to control. I lay it at Your feet, trusting that Your hands are more capable than mine. Help me not to reach for it again once I've surrendered it. Teach me to walk in the peace and freedom that comes when I truly let go and let You lead. Amen.

### **Reflection Questions:**

1. What are you holding onto that you need to surrender?
2. Is it a person, a plan, a pain, or something else?
3. What keeps you from fully trusting God with that thing or person?
4. What does "letting go" look like practically in your life right now?
5. How has holding on impacted your peace—and how might letting go bring you freedom?