

Let Go and Let God!

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***“Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”***

Psalm 46:10

Greetings Friends!

Here we are! Still waiting, still wondering! No definitive answer about the recent presidential election. But this we DO know. Based on how close the election has been, there will be nearly 50% of the general population of our community who will NOT be happy with the results of the election. As we remain in the time between time (... not yet), the anger among the general population keeps growing and growing (think Covid Crud!)

What's a faithful disciple of Jesus Christ to do under such circumstances?

Breathe! Yes, that right, breathe!

Let's take 30 seconds right now. Deep breath in (in your head say "Lord Jesus Christ"). Exhale (in your head say "have mercy on me"). Now repeat the breathing pattern. Come on; I promise this exercise will not hurt you. Let's do this five times... and GO!

Doctors have indeed proven that when we get overly emotional, overly anxious, overly stressed, or overly exert ourselves, we mere mortals sometimes forget to breathe.

So how about when we see someone drop their mask when we think they should not; before we speak in anger... Let's breathe and say this breathing prayer in our head. When our neighbor celebrates the victory of their favorite presidential candidate that you abhor before you run your car into your neighbor's house... let's breathe and say this breathing prayer in our head. When our child comes home and brags they he/she voted for the candidate that you would spend a life time condemning, before we kick that child out of house... let's breathe and say this breathing prayer in our head.

I utilize this technique often to help curtail anger, of course being human, sometimes with better results than others. Then I take one more private action before I speak or act when I am angry.

Ready?

I remind myself that I am not in control. I remember that God's got this! God the Creator of the cosmos. God the One Who redeemed me and all of creation. God Who suffered mortal death and rose from the grave. God Who promises to come again to make all things new! God Who promises to never abandon us. Yes, that God will ultimately fulfill God's vision for the world. Signed, sealed, and delivered. Reminding myself of this simple fact allows me to "Let go... and let God do God's thing!"

So, the next time you are feeling that tinge of anger coming over you, do to the Covid crud, or a great disappointment, perhaps you too can try to breathe, remind yourself of our God and God's promises, and then let go and let God!

Until next time,

Keep trusting God, keep washing those hands and wearing your masks, and now more than ever before, be at peace for God will be honored by EVERY nation. God will be honored throughout the world.

PJ