Presentations

Let Go and Let God

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Sabbath School
Summary
Reminding the church that fear has no part in our Christian experience instead we should Trust God and replace fear with faith.
Program Aim
Reminding the church that fear has no part in our Christian experience instead we should Trust God and replace fear with faith.
Scripture References
Isaiah 41:10-13
Theme Song(s)
590 Trust and Obey
Program Audience
ALL
Preparations and resources

None

Let Go and Let God

Opening Remarks

A story is told of a young lady who knew how to swim. She went to a local attraction where they have ropes hanging from trees to allow a person to swing out and fall

into the water below. She bravely held on to the rope and swung out over the rushing cold falls and it felt as if time stood still.

As she contemplated releasing her grip from the tight rope and allowing gravity to pull her to earth. Approximately 6 feet above the water, her pupils constricted, her heart raced, and fear stopped her throat, she was unable to breathe! She swung back onto the ledge to safety and told her friends that she could not do it.

We are often faced with trials and challenges in our daily lives, and we are allowed to decide: Do I trust God now? Do I take matters into my own hands?

The real question is: What does a Christian do when faced with disappointment, despair, challenges, disaster, trials and temptation?

Romans 8: 28 says, “All things work together for good to them that love God, to them who are the called according to his purpose”. Have you ever stopped to consider that these things were placed in our lives so that we can become better Christians, greater stewards for God? That these trials help us grow, help our witness to others be strong.

Strong enough to keep them from walking away from the purpose God has for their lives? As you mature in faith, God uses tests and trials to develop your character and ministry.

Oftentimes, as we take matters into our own hands, the solution to the problems do not work out as well as they should. The fruits of the Spirit, revealed to us in Galatians 5:22-23 are love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and self-control. When one has mastered each character trait, we are better able to help someone who needs to grow and mature in this area.

Our responses to the circumstances make all the difference. The Apostle Paul said he would glory in his infirmities, that the power of Christ would rest on him (1 Cor. 12:9). Let’s take a look at Romans 5:3-5.

Romans 5:3-5

3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

4 And patience, experience; and experience, hope:

5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Welcome

Opening Song: 590 Trust and Obey

Scripture Reading and Prayer: Isaiah 41:10-13

Main Feature:

What really does it mean to “Let Go and Let God”?

1. Give thanks. In the midst of adversity, thankfulness acknowledges that there is a God greater than the perceived stronghold that the trial has over one’s life. To be thankful in these times rather than to have a complaining spirit takes a concerted effort and conscious decision. Do all things without murmurings and disputing: that ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world” (Philippians 2:13–15). Let Go and Let God.

2. Rejoice! It takes the spirit within you to rejoice over a disappointment, and you may even consider it to be an oxymoron. We cannot escape the pain of a difficult situation, rather we can learn to rejoice in God Himself, and the good things He will do through our suffering. The Apostle Paul stated: “For as many as are led by the Spirit of God, they are the sons of God. . . . We are the children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us” (Romans 8:14–18). Let Go and Let God.

3. Believe and act on God’s Word. We can follow Jesus’ example whilst He was tempted in the wilderness. He did not rely on the food to nourish His physical body, but referred to the Word in Scripture. There we find the authority to claim the victory over whatever situation there may be. While meditating, you can learn to effectively battle the enemy of your soul, Satan, with the sword of the Spirit. Hebrews 4:12 For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Let Go and Let God.

4. Cry out to God. God wants to live powerfully through us. In absolute dependence, God must become our ultimate source of strength, protection and direction. Deepening our dependence on Him, Psalm 50:15 says, “Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.” In our lowest moments, we must call out to Him, and He will deliver us. Let Go and Let God.

5. Overcome evil with good. Unlike our natural tendencies, we have been directed to love our enemies, bless those who curse you and pray for those who despitefully use you and persecute you. (Matthew 5:44) We are promised a blessing if we reward evil with good. Bitterness will control your life- health, time and emotions. This is as if imprisoning one’s self. God asks for us to only do good things, 1 Peter 3:8-9 reads, “Be ye all of one mind, having compassion one of another, love as brethren . . . not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing”.

(Institute of Basic Life Principles, 2020)

In our low moments, we wonder if Jesus cares when we face our different challenges. Oh yes, He cares, Let Go and Let God.

Special Music

Lesson Study

<u>Closing Remarks</u>

Remember earlier, I spoke of the young lady who was afraid to use the tight rope and jump into the falls. Well, this same young lady witnesses scores of persons use the same rope, and in the same area of the falls, swing and jump off. Still, she could not find it within herself to take the jump. It was at another location where the straight jump was about 12 feet high, and even with a life jacket, she could not make the jump herself. It took a companion to get her off the ledge. She wanted to overcome her fear. Fear causes us to do a lot of things. One thing we must learn from this story is that, we must trust God wholly.

Do we trust more in a life jacket? Do we trust more in a companion to help us out of a situation? Do you lean on a favourite song being played on repeat? Do you turn to Google for solutions?

Well, I'm here to remind you that God is more reliable than a companion. Holds you tighter than a life jacket. God has peace passing all understanding that comforts and soothes better than any song. God is wiser than Google.

Here are some Bible promises:-

1. God loves you.

Matthew 11:28

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

2. You can trust in God and the plans He has for your life

Proverbs 3:5-6

Trust in the Lord with all thine heart; and lean not unto thine own understanding.In all thy ways acknowledge him, and he shall direct thy paths

3You don't need to be afraid

Isaiah 41:10-13

10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of

my righteousness.

11 Behold, all they that were incensed against thee shall be ashamed and confounded: they shall be as nothing; and they that strive with thee shall perish.

12 Thou shalt seek them, and shalt not find them, even them that contended with thee: they that war against thee shall be as nothing, and as a thing of nought.

13 For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

4. This is God’s fight, not yours

In the battle the Israelites would face with their leader, King Jehoshaphat, God reassured them, that the battle was not theirs, it was the Lord’s. See 2 Chronicles 20:15-17. He says the same to you today.

5. God is by your side and will give you strength

Isaiah 40:31

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary, and they shall walk, and not faint.

6.God will make all things new and bring beauty from these ashes

He promises good things out of dark situations, strength for fear. In Isaiah 61 He bestows a crown of beauty instead of ashes, oil of joy for mourning and the garment of praise for the spirit of heaviness

7.God is more powerful than anything you are facing

Matthew 19:26

26 But Jesus beheld them, and said unto them, With men this is impossible, but with God all things are possible.

(Shirey, 2021)

Trust in God today, Choose to be free. Choose to Let Go and Let God.

References

Institute of Basic Life Principles. (2020) *What should we do when we face tests and trials?* Retrieved from https://iblp.org/questions/what-should-we-do-when-we-face-tests-and-trials

Shirey, K. (2021). *Prayer + Possibilities.* Retrieved from https://www.prayerandpossibilities.com/10-reasons-to-trust-god-in-hard-times/

Tags
Faith
Fear

- Add new comment



Let go let god (not verified), Sep 21 2021 - 5:04pm
I like this

- Reply

Permalink

Kelvin Lameck (not verified), Sep 24 2021 - 7:31am
Awesome

- Reply

Michelle McDon... (not verified), Sep 24 2021 - 11:01pm
It is talking to me directly

- Reply

Gift shumba (not verified), Oct 01 2021 - 5:25pm
Verified and powerful

- Reply

Anonymous (not verified), Oct 03 2021 - 10:19pm
Wow, I intend to use this sermon, at my church, this is the type of encouragement persons need to hear, especially in this challenging time. Thanks for this sermon. I look forward for more inspiring and encouraging ones. ?

- Reply

Vilma Sumagaysay (not verified), Oct 14 2021 - 4:27am
Nice sermon,hoping for more inspiring in the future.God Bless

- Reply

Permalink

Daisy (not verified), Oct 15 2021 - 7:10am
I like this one

- Reply

Marrie (not verified), Oct 15 2021 - 1:41pm
Very powerful massege

- Reply

Zodwa (not verified), Oct 16 2021 - 6:32am
In times like these we need this
Powerful reviving sermon I like it

- Reply

Dolores (not verified), Nov 05 2021 - 2:00pm
Love this program. Reminds us to let go and let God. Will use it at my church so the members would be encouraged. Thanks for sharing!

- Reply

Elaine Bailey Bent (not verified), Nov 13 2021 - 9:13pm
It's encouraging I'm going to share with church families and friends

- Reply

Permalink

Bandile (not verified), Nov 15 2021 - 3:48am
Very helpful and uplifting

- Reply

Anonymous (not verified), Nov 19 2021 - 7:45pm
I love this am sharing it on sabbath
We all need to hear this and be reminded that God is the answer ..

- Reply

Savaira (not verified), Nov 19 2021 - 7:53pm
Very interesting and helpful... Amen

- Reply

Anonymous (not verified), Dec 09 2021 - 9:14pm
Amen, powerful topic and message. I'm sharing it with my church family

- Reply

June Tavalia (not verified), Dec 13 2021 - 7:19pm
so bless with this topic. Very interesting caught my whole attention.

- Reply

Debbie (not verified), Mar 02 2022 - 6:42pm
Really nice. Real life experience.

- Reply

brandina kachiza (not verified), Mar 03 2022 - 9:01am
Thanks for the powerful and encouraging message. I am really strengthened.

- Reply

Tara (not verified), Mar 11 2022 - 9:36pm
love the message, its needed in these troublers times. I will share it in my church.
Thank you

- Reply

Permalink

Cindy (not verified), Apr 12 2022 - 9:19pm
Thank you. I will be using this at my church soon. Very encouraging

- Reply

Maggie (not verified), Apr 18 2022 - 11:58pm
I like the sermon. Powerful message. Thank you so much.

- Reply

Dean morgan (not verified), Mar 29 2023 - 6:28pm
Praise God.Very inspiring.Thanks for sharing.

- Reply

Migladel (not verified), Mar 29 2023 - 6:42pm
Just in time...thank you!?

- Reply

Anonymous (not verified), Mar 29 2023 - 11:09pm
Inspiring

- Reply

Vaasi (not verified), Apr 12 2023 - 7:45pm
Thank you for this message I will take it to share to my church on this coming Opening Sabbath which I'm leading it...

- Reply

Ali (not verified), Jul 12 2023 - 6:48am
Thanks for this inspiring program God bless your ministry

- Reply

Julie Boroko (not verified), Jun 11 2024 - 2:04am
Praise God. Very powerful message. Thank you for sharing

- Reply

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Your name
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