

Let Go and Let God

With Dr. Sandra Steen
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STUDY GUIDE

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I. Letting Go

- A. Jesus talks about it
- B. We were made by God to let go (Psalm 55:22, NIV)
- C. Jesus is saying:
 - 1. Don't hold tightly to the life I give you—hold tightly to Him.
 - 2. Don't grip onto the gifts God has given you—grip God.
 - 3. Instead of spending your life trying to build your life, let go and let God build your life.
- D. Let go and let God: Definition

II. It's Time for an Honest Assessment

- A. Are you challenging yourself to work through resistance and fear?
- B. Are you too focused on the outcome?
- C. Have you challenged yourself to think BIGGER?
- D. What people think has great significance on your ability to let go!

III. The Spiritual Law for Letting Go and Letting God

- A. The difference between a good idea and a God idea
- B. God ideas require some type of surrender (Hebrews 11:6, ESV)
 - 1. Are you the “god” of all your ideas?
 - 2. Are you willing to pursue and accept God's definition of success?
 - a. F – Faith
 - b. O – Obeys
 - c. C – Christ
 - d. U – United us to HIS
 - e. S – Success
 - 3. **He gives grace generously.** (James 4:6, NLT)
 - 4. **Submission is protection.** (James 4:7, NIV)

IV. Letting Go Lessons From A Few Bible Personalities

- A. Letting go of dislike for the assignment: **Jonah**, who runs away from his assignment

1. **Getting over it**
 - a. Overthinking the outcome
 - b. Overdoing YOU
 - c. Over-pressuring what success needs to look like.
 2. Letting go requires you to **perceive your strength through God's ability**
- B. **Lessons from the life of King David:** instead of backing down from the giant, he ran forward, challenged and defeated him.
1. **Getting over it:**
 - a. Overwhelming yourself in what's needed
 - b. Over-controlling others to do it your way
 - c. Overcautious in pursuit of the goal
 2. **Let it go:** Persist when everything is going opposite of what you think should happen.
- C. **Lessons from the life of Job:** He was blameless and upright in spite of everything Satan could throw his way.
1. **Getting over it:**
 - a. Over-expecting from the wrong people
 - b. Overwhelming yourself with blame
 - c. Over-pressuring the timeline
 - d. Over-inflating the importance of people's opinions
 2. **Let it go:** Remember the BIG picture
- D. **A lesson from the life of Jesus:** He asked the Father to take His mission to go to the cross from Him, but He submitted His will to the Father even if that meant He had to go through with it.
1. **Getting over it:** It's BIGGER than YOU! Let it go!
 2. **Getting out of your own way eliminates:**
 - a. **Anxieties**
 - b. **Doubt**
 - c. **Ego**
 - d. **Unnecessary concerns**
 - e. **Pressures**
 - f. **Mental blocks**
 3. **Letting Go** requires moving past your personality:
 - a. **D:** We'll need to let go of **EGO**
 - b. **I:** We'll need to let go of the need for everyone's approval
 - c. **S:** We'll need to let go of the need for security
 - d. **C:** We'll need to let go of the need for perfection

V. What We're Covering Today

A. Significant Ways of Letting Go and Letting God

1. Creating an environment for clarity
2. Be honest with yourself
3. Allow F.E.A.R. to illuminate you, not control you
4. Consider what you do control
5. Imagine letting go
6. TRUST

B. Let go and let God with Level 4 Competence:

1. **Unconscious incompetence:** You are unaware of the skill and your lack of proficiency
2. **Conscious incompetence:** You are aware of the skill but not yet proficient
3. **Conscious competence:** You are able to use the skill, but only with effort
4. **Unconscious competence:** Performing the skill becomes automatic

C. Let go and let God:

1. Of your need to control, fix, rescue, correct, and direct
2. Your need creates stress, anxiety, tension, guilt, and shame

D. Create an environment for clarity (Mark 1:35, NIV)

1. **The city of Los Angeles**, before the shutdown, 1 week after, and today
2. **My Quiet Place**
3. **Prayer Boards** create environments of clarity
 - a. **Step 1:** Create the ultimate whitespace: Non-negotiable TIME with God
 - b. **Step 2:** Create the ultimate whitespace
4. **Your clarity environment begins with knowing your Why:**
 - a. *"The purposes of a person's heart are deep waters, but one who has insight draws them out."* Proverbs 20:5 (NIV)
 - b. *"The Kingdom needs people who have come alive in their purpose."*
 - c. *"He who has a why can endure any how."* - Nietzsche
5. When purpose isn't known:
 - a. **Confusion:** This manifests as not setting clear priorities because the path ahead doesn't look clear and decisive.
 - b. **Distractions:** This manifests as a hundred small things that pull your attention because you don't know what to say NO to.
 - c. **Disorganization:** This manifests as a lack of prioritized thinking that leads to results.
 - d. **Indecisiveness:** Going back and forth, changing with the flavor of the month because you're not aligned with your purpose.
6. **Once you have answered WHY**, letting go and letting God will tell you *who, what, where, when, and how*

- E. **Be honest with yourself:** (I Corinthians 11:28, NKJV)
 - 1. Jesus asked over 236 questions where He already knew the answers.
 - 2. Ask questions to reveal your heart, not to provide you with information.
 - 3. Step 2: Examine YOURSELF

- F. Self-examination questions
 - 1. When you let go and let God, who will be the first to be impacted?
 - 2. What is an example of a time that everything went opposite of your prophecy?
 - 3. Have you ever been called to face a “Giant”?

- G. Be supported: Proverbs 11:14 (NKJV); Proverbs 12:15 (NKJV); Hebrews 10:25 (NKJV)

- H. **We all need 5 CRITICAL relationships:**
 - 1. Role models
 - 2. Coaches
 - 3. Partners
 - 4. Friends
 - 5. Community

- I. **Let fear illuminate the upgrade needed, not control you:** II Timothy 1:7 (NKJV)
 - 1. Sometimes the chains that prevent us from being free are more mental than physical
 - 2. The F.E.A.R. Script:
 - a. “Thank you, FEAR, for illuminating my lack of faith in the following areas”
 - b. Your purpose here is done
 - c. You are dismissed!

- J. Consider what you control (Proverbs 18:21, NIV), then choose this day whom you will serve.

- K. Choose Wisely

- L. Principles of “I Must”

- M. Imagine letting go (Romans 4:17, KJV)

- N. Ask yourself important questions; be vivid, specific, and spontaneous

- O. Every building is imagined before it’s built: *“Imagination is more important than knowledge.”* – Albert Einstein

- P. Trust (Proverbs 3:5)

Q. 4 Parts:

1. Mental (Vision)
2. Physical (Discipline)
3. Emotional (Passion)
4. Spiritual (Conscience)

R. The Emotional Guidance Scale

1. Upward spiral
2. Downward spiral