

How Can You Let Go and Let God?

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Jesus taught in Matthew 5:5, *“Blessed are the meek”* (CEV). Some people think that meekness means weakness. But meekness and weakness are actually at opposite ends of the spectrum. The Greek word for *meek* literally means “strength under control.” It’s the same term used for a wild stallion who has been tamed and trained to be ridden; it still has all of its strength, but now it’s guided by its master.

Here’s what it really means to be meek: You *“let go and let God,”* as the saying goes. You surrender to what God wants to do in your life. When you let go and let God, it eliminates worry, defuses anger, and ends resentment. But how do you do that?

Here are four ways to be MEEK:

M – Make Jesus the manager of your life.

One of life’s fundamental questions is this: Who’s going to be the boss of my life? The Message paraphrase says, *“Anyone who intends to come with me has to let me lead. You’re not in the driver’s seat; I am”* (Matthew 16:24).

E – Establish God’s Word as the authority of your life.

If you don’t have an authority, you’re going to be confused by conflicting opinions—so make the Bible your trustworthy authority. Paul says in 2 Timothy 3:16, *“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right”* (NLT).

E – Embrace God’s Spirit as the power for your life.

God never asks you to do anything without also providing you with the power to do it. The Bible promises, *“I will put my Spirit in you. I will enable you to live by my laws”* (Ezekiel 36:27 GW). Live by God’s power, not your own willpower.

K – Keep Jesus the focus of your life.

Hebrews 12:2 says, *“We must keep our eyes on Jesus, who leads us and makes our faith complete”* (CEV). And Proverbs 3:6 says it like this: *“Seek his will in all you do, and he will show you which path to take”* (NLT). Keep your eyes on Jesus and you won’t get distracted; you won’t get off course.

It’s time to let go and let God. If you want to be healthy, you need to let go and let God, giving him control of your life. And his promise to you is this, *“The meek shall inherit the earth; and shall delight themselves in the abundance of peace”* (Psalm 37:11 KJV).

Join Pastor Rick as he looks at Matthew 5:5 and teaches on the power of meekness in your life.

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