

Letting Go and Letting God

Step Three: We made a decision to turn our will and our life over to the care of God as we understood Him.

We may already have chosen to follow God's way, letting his paths define the overall direction of our life. Even so, many of us still keep a part of our heart hidden away from God. We have devoted this part of ourself to gratifying our addictions, to doing things that are contrary to the will of God. This sets us up for living a double life, which can fill us with guilt, shame, and instability. Even those of us who have made the decision to give our heart and life to God face new moments of decision every day. When we resist the devil at every turn and choose to draw close to God, God will draw close to us. When we open up our hidden heart and begin to make choices in favor of recovery and living life on God's terms, we will soon grow confident that God desires to help us and to give us the peace and satisfaction for which we have longed.

So humble yourselves before God. Resist the Devil, and he will flee from you. Draw close to God, and God will draw close to you. Wash your hands, you sinners; purify your hearts, you hypocrites. Let there be tears for the wrong things you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor. (James 4)

Turning our will over to the care of God involves becoming willing to accept God as He is, instead of insisting on creating Him in our own image. When we meet God with an open heart and mind we will find Him.

When you pray, I will listen. If you look for me in earnest, you will find me when you seek me. I will be found by you," says the LORD.
(Jeremiah 29:13)

It is not uncommon to link our perceptions about God to our childhood experiences with people who played powerful roles in our life. Just because God is a power greater than we are, and the people who victimized us represented a power greater than we were, we must not conclude that God will harm us if we entrust our life to him. In working through Step Three we can make a healthy decision to turn our will and our life over to the only one who is worthy of being trusted. We know that we can't make it all alone. But now we can stop being the victim. We can turn our life over to someone who is really able to care for our needs.

God is not a man, that he should lie. He is not a human, that he should change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through? God has said, "I will never fail you. I will never forsake you." That is why we can say with confidence, "The Lord is my helper, so I will not be afraid. What can mere mortals do to me?" (Numbers 23, Hebrews 13)

Questions For Reflection and Discussion

1. Who IS in control of my life? What indicators are there that this is the case?
2. How do I go about making the shift from a "half hearted" commitment of convenience to a commitment that follows Jesus every day even through temptation and difficulty?