

Letting Go and Letting God

Mother's Day 2023

Speakers: Dr. Henry Schorr

Our natural inclination is to be in control and hold tightly to that which we love, value and want. Yet what we do not release to God often becomes a source of frustration and anxiety. Solomon, in Psalm 127, gives principles to us on building a meaningful life that has eternal impact. We do that by:

1. **Trusting God and following Him.** In verse 1, Solomon says whatever you do you can do it either with or without God. However, only with God can that endeavor be all that He intends it to be; any other way will set yourself up for disappointment. We are not God and often we carry burdens He never intended for us to carry. Parents, for instance, might struggle with:
 - a. Perfectionism and the need to be perfect parents. In doing 'life' are you feeling panic-stricken, guilt-ridden or harried? If so, you may be trying to do more than God intended you to do or doing only what He can do. Let go and let God build into your life and family.
 - b. The need to be savior and protector of their children from any kind of harm. This can manifest initially by not trusting others with childcare or, later, by not trusting their teenager in their choices. There is no truly safe place apart from Jesus. In 127:1b, Solomon says we must release loved ones daily into the care of our loving God. Only in Jesus can true safety and security be found in this life and the next.
 - c. Letting go of regret. Parents can do the best they can but carry regret about not being all they felt they should have been. God, through Solomon, is telling us in verse 2 that after you have done all you can, stop punishing yourself but leave the situation in God's hands. He not only grants sleep to those He loves but is attending to our concerns and prayers even while we sleep. God wants to be involved in and be the leader in all we do; His way is the best way. By surrendering our need to be in control and by trusting Him, God receives glory and parents, peace (Phil 4:6-7, Rom 8:28).
2. **Remembering that God is the owner and you are not.** Children are a gift from God, as well as our talents, health, life, possessions and spiritual gifts. We are entrusted to be stewards and managers of them in partnership with the Lord as we share them with others (127:3). Trouble comes when we think these gifts belong to us or, as parents, we live vicariously through our children. Only when we release them to God can we give our children freedom to be who God made them to be.
3. **Doing what God calls you to do.** We cannot take a passive role in life assuming God will do it all (127:1). In families we are to not just go in the right direction but point our children in the right direction and let them go (127:4-5). Do you examine your values or just flow by the cultural default? Do you know why you are doing what you are doing as Paul did (Phil 1:21)? Is Jesus your highest value, permeating your life, or are the temporary things of this world? Are you exemplifying Christ's character by being an example to your children and others in prayer, serving others and being on mission as a family?

sermon study guide

IN – PURSUE RELATIONSHIP

1. Do you hesitate to enter a project unless you feel that you can do it perfectly? Why or why not?
2. What are you anxious or fearful about?

UP – PURSUE GOD

3. Read Psalm 127:1-2 (NIV). The term 'in vain' is used three times. What things are 'in vain'? How does verse 2 show the benefit of the Lord being actively present?
4. Read Psalm 127:3-5. Discuss the arrow metaphor (verse 4) as something needing to be both pointed in the right direction and released.

OUT – PURSUE MISSION

5. How can you be a better steward of one of the gifts God has given you, such as children, talents, or possessions? What can you steward better as a group?
6. Compare your highest values to Paul's exhortation in Philippians 1:21. Discuss how you attempt to instill your values in your children or someone you are mentoring.

For Personal Reflection / Prayer:

Until we realize that God is God and we are not, we will never experience the kind of life He desires for us. What are some issues you need to hand over to God now? Memorize, write out, or draw a picture of Psalm 127:1-2, and put it where you will see it to remind you to let go and let God.

THE WORD (NIV)

Psalm 127

A song of ascents. Of Solomon.

¹ Unless the Lord builds the house,
the builders labor in vain.
Unless the Lord watches over the city,
the guards stand watch in vain.

² In vain you rise early
and stay up late,
toiling for food to eat—
for he grants sleep to those he loves.

³ Children are a heritage from the Lord,
offspring a reward from him.

⁴ Like arrows in the hands of a warrior
are children born in one's youth.

⁵ Blessed is the man
whose quiver is full of them.
They will not be put to shame
when they contend with their opponents in court.

Romans 8:28

And we know that in all things God works for the good of those who love him, who[a] have been called according to his purpose.

Philippians 1:21

For to me, to live is Christ and to die is gain.

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