
Faith: Let go and let god

September 7, 2019

Overwhelmed? Confused? Equipment breakdowns? Way too much going on? Decisions? Stuff everywhere? Too complicated?

All of a sudden, I heard clear as a bell: “The things which are impossible with men are possible with God.” (Luke 18:27)

Oh, you mean this isn’t all up to me?

I’m not going to have to do it all?

I don’t have to know how to do it?

“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.” (Proverbs 3:5,6)

Somewhere, I heard how important it is to change that terminology of “to-do” list to “God’s to-do” list.

Okay, dear Father/Mother, I’m ready to back off and turn to you. I’m learning that everything worth knowing and doing starts with prayer.

On page 1 of the Christian Science textbook, Science and Health with Key to the Scriptures, it says, “The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God - a spiritual understanding of Him, an unselfed love.”

Putting all my challenges on God, the divine Mind, gives me such peace and assurance that whatever is necessary to do, to know, to respond with, will certainly be revealed and taken care of. And I can go about my day with joy and giving.

It isn’t always up to me to know how to do something, but that God will provide a way, even sometimes someone could show up at the right time who will help out.

Now, God knows nothing about our challenges. His care is always here, always blessing, and it’s my job to recognize that I dwell in the atmosphere of harmony. When I do that consistently and “let go and let God,” then I see that no trial can affect my harmony, and then I recognize the proof of God’s care.

Recently, things came up that had me start to worry. When I realized what was going on in my thoughts, I turned to Hymn 82 in the Christian Science Hymnal: “God is working His purpose out as year succeeds to year ...”

I recognized that God truly is here working His purpose out, even when things seem wrong and difficult, and I looked for the good underneath that's always there. It was very freeing. I felt the pressures leave, and eventually each of the problems just disappeared or were taken care of without stress.

How do I get past the stress and worry? 1) turn to God first, knowing that He is all wisdom. 2) love my neighbor unselfishly. 3) recognize that creativity is a God-quality, in divine Mind. 4) change the idea of "time" in my thought, as Mary Baker Eddy wrote: "Organization and time have nothing to do with Life." Science and Health with Key to the Scriptures: page 249.

Oh, joy!

To sum it up – "Let go and let God!"

Carolyn Self is a member of the Christian Science Church in Brookings. To learn more of Christian Science, visit our church Sunday mornings at 11 or Wednesday evenings at 6; our Reading Room in our church building at 429 Pine St. (open Mondays and Wednesdays, 1-3 p.m.); or visit our local website, cscbrookings.com.