

Release It!

***“God is our refuge and strength, a very present help in trouble.”
Cease striving and know that I am God, I will be exalted among the
nations, I will be exalted in the earth.” Psalm 46:1, 10***

PROBLEMS. TROUBLES. PERPLEXING TIMES. TIGHT PLACES IN LIFE.

Nobody enjoys these things but everybody experiences them. One observant saint remarked “I got problems, you got problems, all God’s children got problems!”

Solving problems is a mark of successful people. I believe that how we handle our problems by day determines how we sleep at night. But even good problem solvers come up against a wall at times, faced with a problem they can’t seem to solve. Then what?

Someone said “A problem is nothing more than a miracle just before God gets hold of it.” David reminds us in our scripture today that **God is our problem solver**.

The word trouble in verse 1 means “*a tight place*”. A circumstance where we feel hemmed in and trapped by trouble. In that tight place, with our spiritual lives backed into a corner, God is very present. He is on site. His presence provides a refuge or hiding place. As we hide in Him, He showers us with His divine strength in the shelter of His almighty shadow.

Then David, who experienced more than his share of personal problems, declares in verse 10 “*Cease striving and know that I am God*”. **Stop fighting and fussing with the problem. Acknowledge that God is God.....and release your problem to Him.** An alternate word for cease striving in my New American Standard Bible is “*let go, relax, and let God*”. Don’t you love that rendering?

There is power in release. It takes faith to let go and let God! Doubt and fear hold on to problems. But trust in a sovereign, Heavenly Father who is in control lets them go. When we stop holding on to our problems, and release them to the Lord, He goes to work on solving them. Releasing our problems is important for three reasons.

1. RELEASE understands my problems are God’s problem. I have learned that God can handle problems better than I can. So I release them to Him and relax.

2. RELEASE ushers in God’s peace. The peace of God that passes all understanding is mine when I let go and let God.

3. RELEASE unleashes God's power. Real power to solve problems is mine when I hand over my problems into the hand of Almighty God.

Reasons Why We Don't Release Our Problems To God

- Holding on to our problems is familiar.
- Holding on to our problems is our attempt to control outcome.
- Holding on to our problems can be a pride problem. It takes humility to let go and let God help.
- Holding on to our problems nurses our hurt which only hurts us more.
- Holding on to our problems is a way to elicit sympathy from others.

Reasons Why We Should Release Our Problems To God

- Release relieves us from the stress and pressure problems present.
- Release is an act of humility. God always honors humility.
- Release removes problems from my hand and places them in God's hands.
- Release sets me free from resentment, bitterness and unforgiveness.
- Release is an acknowledgement that God can handle my problems much better than I can.

You and I don't have to understand problems in order to release them to God. Somehow we think that if we understand everything that is going on, we can trust God more. Life in Christ doesn't work that way. The Lord invites us to trust and obey, not analyze, try and figure out, or understand. Proverbs 3:5-6 tells us to trust when we don't understand.

"Trust in the Lord with all your heart and do not lean upon your own understanding. Acknowledge Him in all of your ways, and He will make your path straight."

Some things in life are beyond human understanding. People of faith need to release things they don't understand to the Lord. Lack of understanding doesn't mean lack of trust. When we release things to God, we are acknowledging that He can handle it better than we can. If you think about it, His hands are much bigger and stronger than ours!

The result of release: David declares that God's name will be exalted among the nations and earth (verse 10). People with problems need to see that as Christians our God is greater than our greatest problem. People searching for the Lord will be drawn to Him when they see His people trusting Him with their troubles and needs.

Got problems? Release them. Let them go. Look to the Lord. Leave them in His hands. Go about your business with faith and confidence in Christ.

Release Exercise

1. Make a list of the people and problems you need to release to the Lord.
2. Comment by each situation why you need to release it. Be specific and thorough. Also list the benefits of releasing this to God.
3. With each situation pray the following prayer:

trust
situation

Lord, I come to you to release (name the person, problem or situation) to You. I choose to let go of this and place it into Your hands. I will You wholeheartedly for the solution. And I will not take this back into my hands.

4. Thank the Lord for taking your situation and turning it around for good!

Now you are free to enjoy the freedom and joy that comes from releasing your troubles to a faithful God.

“Cast all your cares upon Him, because He cares for you.” I Peter 5:7

“Know that the Lord Himself is God; it is He who has made us and not we ourselves. We are His people and the sheep of His pasture.” Psalm 100:3

A Word For Your Week: Release to find relief from your troubles.

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