

RELEASE CONTROL

(THEME: CAST YOUR BURDEN ON THE LORD)

Psalm 55:22, 1 Peter 5:7

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When we **Release Control**, we are submitting fully to Him. We are letting go of whatever we've been trying to do on our own so God can do what only He can do.

Surrendering to God is literally giving up.

It is telling God that we are not big enough to deal with our worries, and He must take over.

When we finally let go, we give God room to wield His mighty arm in our lives. When our hands are weak and tired, God's hands are strong and powerful!

The enemy seeks every new day to cloud our minds with worries, doubts, and fears.

Control is the hardest thing to give up because without it we feel vulnerable. But we do not need to worry. God is already in control.

We need to recognize His authority and move over to let Him lead.

He is the Creator of the Universe so we can trust Him with each day. [Letting go is scary at first](#), but the freedom in our minds and hearts will be worth it.

And we know that for those who love God all things work together for good, for those who are called according to his purpose" Romans 8.28 ESV

Whenever the ugly hairs of negative thoughts seek to invade our space, we must cut them and give them to God immediately.

Releasing Control simply means to put your complete faith in God to work things out for your good and to know that, ultimately, it is His will and not your own, that determines the outcome.

It's easy to get so focused on our goals, dreams, that we're not going to be happy until it happens. We put God in a box; we tell Him what we want, when we want it, how to do it, who to use. we've got it all figured out. but the scripture says: ***Isaiah 55:8-9 (NIV)***

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8 "For my thoughts are not your thoughts,^[SEP] neither are your ways my ways,^[SEP] declares the Lord. 9 "As the heavens are higher than the earth,^[SEP] so are my ways higher than your ways^[SEP] and my thoughts than your thoughts.

If you're only going to be happy if it happens your way, you're setting yourself up for disappointment. God can see the big picture for our lives; He knows what's around every curve, He can see the detours, dead ends, shortcuts, things that we cannot see.

The better approach is to say, "God, this is what I want, this is what I'm believing for, but God, You know what's best for me; I don't have to have it my way, God I trust You." when you release control, it takes the pressure off; life gets so much more free. you're not always fighting, trying to make your plans work out.

A mature attitude says, "even if it doesn't work out my way, even if my plans don't happen, God I'm still going to enjoy my life, knowing that You're on the throne."

Here's the key: when our dreams and goals start to frustrate us, when we're not at peace, not enjoying where we are because we're so focused on what we want, that's a sign that we're holding on too tightly. when you hold on to what you want so tightly, it can almost become like an idol. you're so focused on it, that's all you think about, all you pray about, it consumes your time and energy; that's out of balance.

One of the best prayers that we can ever pray is, "God, not my will, but let Your will be done." when you release control, you're showing God by your actions that you trust Him. there are times in life when God will ask you to release the thing that you want the most; it's a test.

if you will pass that test, at some point God will either give you back what you wanted or bring something better into your life. this is what happened with Abraham. his son Isaac, the child he had dreamed about year after year, finally showed up. Abraham loved him more than anything in the world. one day:

Genesis 22:1-2 (NIV)

22 Sometime later God tested Abraham. He said to him, "Abraham!" "Here I am," he replied.

2 Then God said, "Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you."

It wasn't easy, but Abraham made this decision to release control. he said, "God, You know this is what I dreamed about, this is what I've wanted more than anything else, but God, I trust You; I can be happy even if it doesn't work out my way." when God saw his willingness to put on the altar the thing that meant the most to him:

Genesis 22:11-13 (NIV)

11 But the angel of the Lord called out to him from heaven, "Abraham! Abraham!" "Here I am," he replied. 12 "Do not lay a hand on the boy," he said. "Do not do anything to him. Now

I know that you fear God, because you have not withheld from me your son, your only son.”13 Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son.

The question is, can you be happy if it doesn't work out your way? will you keep a good attitude if the business slows down, the medical report isn't good? maybe you're believing, standing on a promise for your health to get better.

when you have the attitude, “even if I don't get better, I'm still going to have a smile, I'm still going to be good to people, I'm still going to give God praise,” you're doing what Abraham did; you're putting that dream on the altar. when you can pass the test,

that you don't have to have the problem turn around to be happy, you don't have to have the dream come to pass to enjoy your life, you're proving to God that you trust Him. that's when God will give you the desires of your heart. when you release control, you are passing a very important test.

the trust tests. you're saying, “God, I believe You know what's best for me.” many times, like with Abraham, that's when God will release back to you the very thing that you're believing for. The best thing you can do is release control, turn it over to God.

You prayed, you believed, you're standing in faith, now put it on the altar. have the attitude, “if it never happens, God, I'm still going to trust You. if it never changes, I'm still going to be happy.” when you show God that you don't have to have it in order to be happy, that's when God goes to work.

There may be things that are frustrating you right now because they're not changing. you know God put the dream in your heart, but it doesn't look like it's going to happen. you have to say, “God, I've done everything I can. I'm not going to live my life upset, not going to go around worrying, wondering, frustrated;

God, I'm putting this on the altar. I'm giving it to You.”

Psalm 138:8 (NLT); The Lord will work out his plans for my life

God knows how to get you to where you're supposed to be; you don't have to live worried, frustrated. if you'll trust Him, God will bring the right people, open the right doors, turn problems around.

He promises that He will work out His plan for your life. We all have goals and dreams, and it's easy to be frustrated when they're not happening as fast as we would like. we think, “God I'm working hard, being my best, honoring You; when am I going to get that good break, meet the right person?

why is it taking so long?” no, you can't control the timetable. you can plant the seed, you can water it, but only God can bring the sunshine, only God can cause it to grow. Don't

be frustrated because it's not happening on your timetable; as long as you're being your best, honoring God,

you can rest assured that God will get you to where you're supposed to be. it's the same principle in our health; you can't make yourself get well. you can pray and believe, you can eat right, exercise, take medicine, but only God can bring the healing, restore health. Jesus said:

you can rest assured that God will get you to where you're supposed to be. it's the same principle in our health; you can't make yourself get well. you can pray and believe, you can eat right, exercise, take medicine, but only God can bring the healing, restore health. Jesus said: John 16:33 (AMP)

In the world you have tribulation and trials and distress and frustration...

NB: but don't forget, it ALSO says-John 16:33 (AMP)

33 ... but be of good cheer [take courage; be confident, certain, undaunted]!

For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

Proverbs14:30 (TLB) A relaxed attitude lengthens a man's life

the opposite is also true; if you're living upset, offended, worried, you're taking time off of your life. we need you here; don't leave before your time is up. if you'll start trusting, relaxing, going with the flow, you can add time to your life. we're always looking for that fountain of youth, ways to look younger, to live longer; one way is to develop this no-worries mentality.

quit being upset over things that you have no control over. quit trying to change things that you cannot change. worry less, trust more. stress less; laugh, love, enjoy more. there's no use getting upset over what you can't change. think of it this way;

if you learned that you only had three months to live, how many of the things that upset you last week would you let upset you this week? would you be stressed because your computer died? would you be upset because somebody got your parking spot, somebody was rude to you at the grocery store?

no, let it go. life is too short to live that way.

some of you are carrying around way too much; you need to start releasing the worries, offense, struggles. you don't have to make your dreams come to pass; take the pressure off of yourself.

only God can bring the sunshine; trust Him, and He'll get you to where you're supposed to be. if you'll start releasing control, you'll not only enjoy life more, but you'll live longer.

God promises that He will work out His plan for your life. He will open the right doors, bring the right people,

turn negative situations around, and you'll step into the fullness of your destiny.

Use these five practical ways to cast your cares on Jesus

Cast Your Cares by Stopping Worried Thoughts Before They Start

“We take captive every thought.” –2 Corinthians 10:5 (NIV)

The mind is where the battle between worry (fear) and peace (faith) takes place.

Whatever you allow to captivate your mind will rule your life. So, if you want the Word of God to reign over your thoughts, you have to resist the devil when he tries to plant anything contrary to it in your mind.

That's why, in order to cast your cares,

you have to stop worried thoughts before they even start.

You know how it begins. You get a phone call, an email or something in the mail—and it's not good news. Immediately, your mind begins racing. This is where the road divides, and you make a choice:

Are you going to begin to worry, or will you stand firm in your faith and tell the devil to split? The only way to do the latter is to take that thought captive—immediately! That means to stop it in its tracks, and keep it from being free to roam in your mind.

It may be tough at first, but the good news is, if you'll be diligent to fight that battle against worry by keeping the Word in your heart and in your mouth, the time will come when that Word and the knowledge of God's faithfulness is so big on the inside of you, you won't have to fight it anymore.

2. Cast Your Cares by Replacing Worry With the Word

“Meditate on [the Word] day and night.” –Joshua 1:8

The next step to casting your cares on Jesus is to replace your worry with the Word.

Many people want God to supernaturally remove their worry, but that is not the way to get the peace of God. Peace comes by acting on the Word that says to cast all of your worry and anxiety over on Him. You must replace those thoughts with the Word.

Philippians 4:8 (KJV) says to think on whatever things are true, honest, just, pure, lovely and of good report. “If there be any virtue, and if there be any praise, think on these things.”

You are the one who has to control your mind, but you are not without help!

The Word says that the peace of God will garrison and mount guard over your heart and mind (**Philippians 4:7, AMPC**). **The Greater One who dwells within you is able to help you as you are obedient to replace your worries with His Word.**

Every time a situation arises, be armed and ready with a response from God's Word. God's Word always has an answer to any situation or problem! The more time you spend meditating on His Word, the quicker you will be with your response to the devil, just as Jesus was when the devil tried to tempt Him. No matter what the devil said, Jesus fired back instantly with the truth of God's Word.

That's how you need to be, too.

3. Cast Your Cares by Getting Rid of False Humility

“Therefore humble yourselves under the mighty hand of God, that he may exalt you in due time, casting all your care upon him, for he cares for you. –1 Peter 5:6-7 (NKJV)

In 1 Peter 5:6-7, God tells us that it takes humility to cast our cares on Him. What is humility? Contrary to what some may think, true humility is not believing you are unworthy to receive God's care. Instead, it's humbling yourself under His mighty hand—the Word of God,

and putting it first place (rather than what you think about a situation).

Thinking you have to solve your own problems is also false humility. Remember, when you carry the care, you work, and God rests. When He carries the care because you have cast it on Him, He works, and you rest.

When you humble yourself before God and cast your cares on Him, you are submitting to Him and acknowledging that He has more wisdom and power to handle your situation than you do. You have released yourself and your life to God, trusting Him and obeying His every command. Anything less is pride.

Also notice in [1 Peter 5:6-7](#), He doesn't say to cast 75% of your care on Him or everything except worry for your kids. Furthermore, He did not say, “everything but your finances.” No, God clearly instructs us to cast every single worry out of our thinking, and roll them all over onto Him.

When you do this, you are humbling yourself before Him, and you can expect Him to go to work on your behalf and exalt you in due time.

If Satan brings a worried thought to your mind, saying, “What if...,” then you can tell him to talk to God about it. It is in His hands, not yours!

Once you do that, changes will start to take place in your life. Problems you've been fretting about for years will start being solved. You'll no longer be tying God's hands by

worrying. His power can begin to operate because you've acted in faith and cast your cares on Him!

4. Cast Your Cares by Wearing All Your Armor

“Put on the whole armor of God.” –Ephesians 6:11 (NKJV)

By now, you probably know that fighting any battle without the whole armor of God is a bad idea.

When you're dealing with worry, it's no different.

[First Thessalonians 5:8](#) tells us who live in the light to be clearheaded, wearing as our helmet the confidence of our salvation.

Think about where the helmet of salvation sits—over your mind.

The helmet protects your thoughts from the lies of the enemy. The helmet also covers your ears—which keeps you from hearing the enemy's threatening lies.

If you have a tendency to be fearful and to worry, consider what you're watching on television or listening to.

What are you hearing? Programming that is negative (like most news channels) or those that stir up a spirit of fear are not going to feed your faith and protect your thoughts. Guard your heart by guarding your eyes and ears from ideas that will make you think gloom and doom all the time.

When you have a fearful thought, responds immediately by saying, “I don't believe that.” Those thoughts are just the devil trying to sell her something, so he can have a door to get in. She doesn't even give him a chance.

The same is true when you go to bed.

Don't go to bed with a care on your heart! It's giving the devil an opportunity. Instead, say, “You are not putting that on me, Satan, in the Name of the Lord Jesus Christ.” You may have to do that night after night for a while, but the thoughts will eventually go away. Keep that armor on.

5. Cast Your Cares by Finding a Faith Buddy

“Encourage one another and build one another up.” –1 Thessalonians 5:11 (ESV)

If you really want to cast your cares and take a stand against worry,

find a faith buddy—someone who will hold you accountable for your words, thoughts and actions. We all need at least one person like that in our lives—someone who lives and walks by faith and can call us to a higher level. Now, don't get mad when you get corrected—correction is love, helping you grow.

FINALLY:

Psalm 37:23-24 NLT.

The LORD directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the LORD holds them by the hand.

Proverbs 20:24 TPT

It is the Lord who directs your life, for each step you take is ordained by God to bring you closer to your destiny. So much of your life, then, remains a mystery!

Don't release the dream, don't release the promise but release the worries and He will bring your dreams to pass.

The reason it is taking longer is because it is bigger than you thought. Troubles, adversities can be a transportation to our destiny.

The opposition is not in control but are pawns in the hands of God. ***Ps 37:23; Prov 20:24; Jer 10:23.***