



“Give It Up!”

Wed Aug 16, 2023

- I. **Luke 12:22-32**
 - A. God will only take from you what you give to Him!
 1. Your Fears, Your Worries, Your Thoughts.....All of these fall under the category of “Cares of This Life.” Why do the cares come? To choke the Word!
 2. How many things are you holding on to?
 - * Realize this tonight....God is able and He is Willing.
 - * God can handle the burdens that your mind and body was not created to carry....Give them up to Him and See the Glory of God!
 3. Thoughts from the enemy may attempt to come your way, but you do not have to accept them.
 - B. Living Free and Healthy
 1. ***Stress is the body and mind's response to any pressure that disrupts its normal balance. It occurs when our perception of events doesn't meet our expectations and we are unable to manage our reaction.***
 2. ***According to the American Institute of Stress, up to 90% of all health problems are related to stress.***
 3. Where does stress begin? With your thoughts.
 4. Retraining...Transforming...Renewing Your Mind. It begins by giving it up (notice I didn't say, “Give Up”, but Giving It (anything that hinders your rest) Up!).
- II. Learning the Rest of God
 - A. ***II Chronicles 32:7-8***
 1. ***Rested – To Prop or Lean Upon, Take Hold Of***
 2. Watch out for the Daily Routines that try to disrupt our purpose...If you don't like how things go throughout the day, change the routine....Put God first and watch Him take control of the things you can't seem to get a fix upon.
 - B. Giving it to God....What does this look like?
 1. ***I Peter 5:6-7***....Submission and Release (It's spirit, soul, and body...when you release it, you will know it).
 2. How do I release something? With your heart and your words
 3. ***“Lord, I release the un-forgiveness....Lord I release this burden, this care to you; take this burden and replace it with your peace.”***
 4. ***Psalms 37:23-25*** (upholds – same word as rested)