



## NOT MY PROBLEM

### Part 4: "The Problem With Letting Go"

August 25, 2019

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## I AM HAVING A PROBLEM LETTING GO AND TRUSTING GOD WITH MY PROBLEMS WHEN...

### 1. ...WHEN I START PLANNING BEFORE I TRY PRAYING

**TRUTH:** We typically turn to prayer only after we have exhausted all of our own plans

*"Go ahead and make all the plans you want, but it's the Lord who will ultimately direct your steps. We are all in love with our own opinions, convinced they're correct. But the Lord is in the midst of us, testing and probing our every motive. Before you do anything, put your trust totally in God and not in yourself. Then every plan you make will succeed. Within your heart you can make plans for your future, but the Lord chooses the steps you take to get there."*

**Proverbs 16:1-3,9** (TPT)

*“Don’t worry about anything; instead, pray about everything; tell God your needs, and don’t forget to thank him for his answers. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.”*

**Philippians 4:6-7** (TLB)

## 2. ...WHEN I TELL GOD HOW TO SOLVE MY PROBLEMS

**TRUTH:** Even when we pray, we try to steer God to do things our way

*“Self-confident know-it-alls will prove to be fools. But when you lean on the wisdom from above, you will have a way to escape the troubles of your own making.”*

**Proverbs 28:26** (TPT)

*“Some find their strength in their weapons and wisdom,  
but my miracle deliverance can never be won by men.  
Our boast is in the Lord our God, who makes us strong and gives us victory!”*

**Psalms 20:7** (TPT)

3. ...WHEN I CAN'T SHAKE MY FEELINGS  
OF STRESS, FEAR AND ANXIETY

**TRUTH:** Every time we worry or stress, we steal our problems back from God and declare we don't fully trust Him

*"Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you."*

**1 Peter 5:7** (TPT)

*"[Blessed are those who have respect for the Lord for] they aren't afraid when bad news comes. They stand firm because they trust in the LORD."*

**Psalm 112:7** (NIRV)