

PAUSE II

WFC

Release & Recognize PART ONE

If we don't release to Jesus what is in our hearts, our circumstances will rule our lives.

SERIES BIG IDEA:

I will pause in the daily chaos of life and turn to God to renew my soul.

Lord, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

Psalms 131:1-2 (NLT)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 (NIV 1984)

"God keeps His choicest wines in the cellar of affliction"

Charles Spurgeon

"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance, perseverance, character, and hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us."

Romans 5:3-5 (NIV 1984)

"I have learned to kiss the waves that throw us against the Rock of Ages."

Charles Spurgeon

Look up. Look within. Look ahead.

Psalm 23:1-6

TEACHING BIG IDEA:

Everything I need, I already have in Jesus.

The Lord is my shepherd; I shall not want.

Psalms 23:1 (ESV)

- **Recognizing who God is helps me understand who I am.**
- **If God is my Shepherd, I am His sheep.**
- **God is my shepherd. He is my provider and protector.**

He makes me lie down in green pastures. He leads me beside still waters.

Psalms 23:2 (ESV)

- **I am fully aware that I need God to lead me.**
- **When God is in control, He is my Leader.**
- **When I am submitted to His leadership, I respond to His rhythms.**
- **Looking up to God is an act of releasing control.**

God, I give everything and everyone to you.

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When I release control by giving everything and everyone to God, He responds.

He restores my soul;

Psalm 23:3 (ESV)

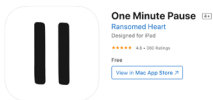
I repent of my desire to be in control and I know that God is enough.

TAKE A 60-SECOND PAUSE TWICE A DAY TO LOOK UP AND LOOK WITHIN:

- "God, I give everything and everyone to you."
- "Everything I need, I already have in Jesus."

DOWNLOAD THE "PAUSE" APP ON YOUR APP STORE

pauseapp.com



TEACHING SUMMARY:

So often in life, we may find that we hold on too tightly to things we were never meant to control. Truthfully, it is hard to let go.

We struggle to change things. We strive hard to create order in our lives and keep everything in line. But problems mount and mount and the pressure feels overwhelming. We find ourselves recognizing how little control we really have. Often times, it can force us to stop and reevaluate. It can cause us to pause.

What would happen if we regularly took time to pause and recognize our need and took the step to release our circumstances to God? What would happen if we released control and allowed Christ to guide our steps? What would happen? He would restore our souls.

The God over all would restore our souls to what He desires. The God who is beyond all is ready and available to lead us and restore our souls if we turn to Him and seek His face.

TALK IT OVER:

In what areas of your life do you struggle with control?

Why do you think it is hard for people to let go and allow God to guide them? Have you seen that as true in your own life?

Is the idea of a renewed soul exciting to you? Why or who not?

What does this teach you about the heart of Christ?

What is one next step you can take based on today's teaching?

How can we be praying for you?

FURTHER READING:

Day 1: John 14:12-14

Day 2: Psalm 33:13-22

Day 3: John 14:23-27

Day 4: Hebrews 5:7

Day 5: Psalm 37:1-13

Day 6: Matthew 5:8