



The Freedom in Letting Go

When we give up having to control everything—we can gain so much in return.



by Taylor Brown for the week of April 19, 2020

We as people like control. We like the assurance that whatever is coming, we can control the outcome no matter what. We crave this feeling of control because we believe that it's what takes away the feelings of anxiety, worry, and panic. To a certain extent, it does...for a while. The machine we have created runs effortlessly until a pesky rock disrupts one of our perfectly placed cogs and the entire enterprise comes crashing to a halt. Our machines, rocks, cogs, and inevitable crashes are unique to everyone— but we are united in the experience of “I really thought I had this all under control.”

This is not to say we do not have any control—because we do. We have control over ourselves and our responses to others. Even in this time of COVID-19, we still have control in regard to how *we* respond. Remembering and pursuing what we can address, leading to what we can let go of— illustrated wonderfully by the [Control Fox](#). Lessons that can be modeled to our children who, like us, [thrive in routine](#) and predictability. Gaining the ability to differentiate what they can control and what they should let go of can allow for emotional health and freedom. “

However, when it comes to our faith, how do we manage the spaces of letting go and letting God? In these times of uncertainty, giving all of our worries and fears up to God feels foreign and easier said than done. How can we let go and trust when this crisis is incredibly unique in so many ways? [Fr. Richard Rohr](#) has this to say about control from a theological perspective: “Much of the Christian religion has largely become “holding on” instead of letting go. But God, it seems to me, does the holding on (to us!), and we must learn the letting go (of everything else).” These words encourage us to focus on the fact that God is doing the heavy lifting and leaving sacred spaces for us to breathe. To focus on the here and the now— not on the unpredictable unknown. In these spaces where control has been removed, there are now opportunities to take care of ourselves and others and to hear God's voice in the midst of the chaos. There is beautiful freedom in letting go. What will you be letting go of today?

Helpful Resources:

[Creating a Daily Routine](#)

[Helping Kids to Let Go](#)

[Serenity Prayer](#)