

How to Feel Twenty Years Younger



Dr. Jeff King
Christ Lutheran Church
Southwick, Massachusetts

Week 4: Let It Go

Let it go.

**When you bury negative emotions,
they never die.**

Jesus said, **“Offenses will come.”** (Luke 17:1)

He didn't say they might come. He didn't say that if you're a good person, if you're nice to everybody all the time, if you're friendly, nobody will do you wrong. He said disappointments will come. Betrayals will come. Things that aren't fair will come.

How you handle those hurts will determine whether you move forward and enjoy your life – or you get stuck and remain bitter over what didn't work out.

**If you don't heal from an emotional wound,
you will bleed on people
who had nothing to do with it.**

How to Let it Go

1. Practice _____
2. Forgive for your _____
3. Get the _____
4. Don't let the _____
5. Give birth to _____

Conclusion

The story of the eagle and the mole teaches us to let go.

Here's the question: Are you holding on to something that you realize is killing you? Anger, bitterness, or shame will drain the life out of you. How much higher could you fly, how much farther could you go, if you got rid of the things you're not supposed to be carrying?