

How to Feel Twenty Years Younger



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Part 6: Let Go of Control

**Hold tightly to your dreams,
but hold loosely to how God is going to do it.**

We all have things that we want in life. God puts dreams in our hearts. But God doesn't tell us how or when it's going to happen.

God has it all planned out. He's doing things you can't see. There are good breaks coming. The right people are already on your schedule. If you release control of what is troubling you, you can enjoy your life ... while you're waiting for things to change.

Four Keys to Out-of-Control Living

1. Trouble is _____

Example: The life of Joseph (Genesis 37)

"Since the Lord is directing your steps, why try to understand everything that happens along the way?" (Proverbs 20:24)

2. Stop _____ and start _____

Example: Jesus being betrayed (Luke 22)

3. Let the _____

Example: Paul sailing through the storm (Acts 27)

"They cut loose the anchors and untied the ropes that held the rudders and let the ship just go with the winds." (Acts 27:40)

4. What you _____

Example: Woman diagnosed with tuberculosis.

"Cast your burdens on the Lord and He will sustain you." (Psalm 55:22)