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L I V E T H E
LET-GO
L I F E

Breaking Free from Stress,
Worry, and Anxiety



New York Nashville

INTRODUCTION

It feels like our world today is spinning faster on its axis than ever before and picking up momentum with each passing day. One moment, we are wishing each other “Happy New Year!” and before we know it, we’re preparing for Thanksgiving. The parade would be back on television and we would be heading back up to the attic to get the box of Christmas decorations that it seems like we had just put away yesterday. Where did all that time go?

Many factors add to this frantic pace of life. New demands are arising in a rapidly changing workplace, and almost every industry has been confronted by disruption. Many are struggling with the need to keep up with new knowledge and to be retrained or redeployed in order to stay relevant, while juggling the demands of marriage, parenting, and church. And all this is happening amid a backdrop of political turmoil, economic uncertainty, currency fluctuations, the very real threat of terror in our everyday lives, natural disasters, and new strains of deadly viruses. The immediacy of real-time communications through various mediums such as text messages, Snaps, and WhatsApp group chats has also created a new normalcy where any person, regardless of their hierarchy of importance in our personal lives, has the power to place an immediate demand on our time and possibly distract and even derail us from our plans.

It is easy to see why so many people today are experiencing stress, worry, and anxiety attacks. Unfortunately, these aren't simply innocent states of emotion—they can insidiously develop into chronic depression, psychosomatic illnesses, and even suicidal tendencies. Studies have shown that people who are under high levels of stress tend to engage in unhealthy behaviors to cope. These behaviors range from spending excessive time surfing the Internet or watching television to overeating, binging on alcohol, smoking, depending on drugs, and even viewing pornography. Stress could also end up being a gateway to sin, as someone who is under tremendous pressure may make irrational and even morally questionable decisions in a bid to escape the realities confronting them.

Do not underestimate the destructive power of stress. Stress, which has been called a “silent killer,” can affect our immunity and lead to serious consequences, including insomnia, depression, bulimia, stomach conditions, and even cancer. Stress can paralyze us and render us incapable of functioning normally in society. Stress is depleting and can completely wipe out our energy reserves. Stress can render us powerless, with no strength or resolve to say no to temptations. Stress can be debilitating and cause us to completely self-destruct.

That is why I wrote this book with a great sense of urgency in my heart and spirit. At its very core, stress is about demands—demands that we can neither keep up with nor satisfy. But the Lord's grace is all about supply! In this book, I want to teach you how to walk in a greater measure and depth of the Lord's supply, and practical ways to allow His supply in your life to flow unabated. Stress, worry, and anxiety choke God's supply of favor, wisdom, and good success. The more you learn to let go of your anxieties, the more you will see His supply flow. This is why I have

titled this book *Live the Let-Go Life*. I have no doubt that you will be greatly encouraged and strengthened by this book as you learn powerful scriptural truths that deal with stress.

I understand what it means to be under tremendous pressure. Being the senior pastor of a church that has an average attendance of over 30,000 every Sunday definitely comes with its demands. There was a period in my life when I developed symptoms in my body that doctors told me were caused by stress.

But the Lord is so good. He patiently showed me how His Son has already paid the price for our peace. Because of His sacrifice, you and I can live a victorious life free from stress and worry today, even when we are faced with overwhelming demands. I pray the truths and practical tools in this book will set you free in the same way the Lord has used them to liberate me and many others.

Here are just some of the themes that I cover in this book:

- Discover the power of letting go
- Tune in to the wavelength of peace
- Learn the richness of His *shalom*
- Know how to guard your heart
- Step into the rhythm of rest
- Find the right tempo for your life
- Receive healing when you are relaxed
- Walk in restful increase
- Experience days of heaven

I have received so many testimonies from precious people who have received breakthroughs that they never thought were possible. Their stories might be different, but they all point back to the same God who broke them out of their depression, the same

God who took away their anxieties and gave them His peace, the same God who has given them joy and put a song of praise in their mouths. I share their stories in this book because I want you to see that if God can do it for them, He can also do it for you.

My dear reader, you were not designed by God to live under stress; you were called to live the life of rest. The life of rest is a life of victory. Come with me, my friend, and let's start living the *let-go life*, a quality life free from stress, worry, and anxiety!

See you in the first chapter.

L I V E T H E
L E T - G O
L I F E

I. LET GO

Are you feeling overwhelmed? Bombarded by unending demands, responsibilities, and deadlines? Assailed by bills to be paid, credit card debts to be cleared, health issues to attend to, troubled children who need your immediate attention, and endless mountains of emails and text messages that need to be answered?

Perhaps everything seems to be screaming at you and calling your name. Perhaps you are left breathless by the half-formed thoughts that await completion and demand answers:

What needs to be done?

Why should that be prioritized?

Whom did I forget to call?

Where do I have to be?

When does this need to be completed?

Your unfulfilled to-do list pulls you in twenty-five different directions.

When night comes, it is hard to shut all those swirling thoughts and burdens out. Sleep becomes elusive, and when you finally drift into a fitful slumber, you are startled awake time and again, your heart racing with anxiety.

With so much already going on, I know you are probably thinking, *I don't have the time to read another book!*

Trust me, I understand. With all the demands that I am confronted with in my world—from church to television recordings to speaking engagements around the world to my precious family—I honestly don't have time to work on another book. Yet, here I am.

Why? Because I believe that we all need to hit the Pause button.

We need to pause, step back from all the hustle and bustle, and *listen*. Listen to the sound of birds singing their greetings to the morning sun. Listen to the sound of waves gently embracing the shore. Listen to the sound of rain dancing through the treetops.

Most importantly, we need to pause and listen to the everlasting words of the One who loves us. This is not about reading another book. This is about being refreshed. This is about taking a cool evening walk with our Lord. This is about hearing Him whisper to us today:

Be still, and know that I am God.

—*Psalm 46:10*

There is a modern minimalist movement today that is all about simplifying and decluttering your surroundings. The premise behind the movement is, if you can tidy up your *outside*, you will find peace on the *inside*.

This book you hold in your hand takes a contrarian approach. The premise of *Live the Let-Go Life* is, if you can declutter what is *inside* you—in your heart, your soul, and your mind—the clutter that is on the *outside* will be taken care of.

The Spirit of the Lord works from the inside out. Yes, you might be faced with a mountain of demands that would make Mount Everest look like a molehill. But when there is a song in your heart, any mountain can be surmounted. Take care of the

knots on the inside, and the knots on the outside will be supernaturally untied.

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Letting Go

Would you believe that the answer to all your problems is found in letting them go? Letting go of your worries is not an irresponsible act. In fact, it is the most powerful thing you can do when you let them go into the hands of the One who created the universe. You are acknowledging that you cannot, *but He can*, and stepping aside so that His supply can flow into every area of your life. You are making the decision to be still and to let Him be God (see Ps. 46:10), to stand still and to see His salvation (see Ex. 14:13)! When you let go, you are effectively saying, “Lord Jesus, I put my faith in You to take over. I cannot, but You can. I trust in You. I choose to let go and release all my stress, worries, fears, and anxieties into Your hands because I know You love me.”

The Scriptures say it this way:

Casting all your care upon Him, for He cares for you.

—1 Peter 5:7

I want you to see this verse in the Amplified translation:

Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

Beloved, you can cast *all* your cares on Him *once and for all* because He cares for you. It doesn't matter what you are anxious about. Whether you fear becoming irrelevant in the marketplace, or are stressed about the upcoming interview, or are worried you might end up unloved and alone, you can take that care and put it in His hands. Your Father loves you with the deepest affection and watches over you so carefully. He is waiting for you to let Him take over.

Many times, we struggle to let go because we think that if we let go, nothing will happen. We think that not worrying about something is to be irresponsible. So we hold on so tightly our knuckles turn white. We agonize and worry because we think we are being *responsible*! But our Lord Jesus posed a very important rhetorical question for us all:

And which of you by worrying can add one hour to his life's span?

—Luke 12:25 AMP

Our Lord was telling us *not* to hold on to our worries because all our worries and anxieties cannot change any situation. No amount of worrying on our part can cause us to live even a little longer. In fact, worry and stress can be detrimental to us and shorten our lives!

According to researchers at the Mayo Clinic, chronic stress puts us at increased risk of numerous health problems, including anxiety disorders, depression, digestive problems, headaches, cardiovascular diseases, high blood pressure, sleep problems, weight gain, and the impairment of memory and concentration.¹ If you are suffering from these symptoms because of stress, then you are not living the abundant life that our Lord Jesus came to give us. He came that we might have life and *life more abundantly*

(see John 10:10). God doesn't want us to just have a trickle of life or just enough life. He wants us to have overflowing life! Being bowed down with cares, fighting chronic fatigue, or battling stress and sickness is not living life more abundantly. Our Lord Jesus loves you so much and He wants you to cast *all* your cares to Him because He does not want you to live a life of worry!

Our Lord Jesus loves you so much, He wants you to cast all your cares to Him.

Let Him Take Care of Your Journey

Some years ago, when I was on a domestic flight in the United States, I sat beside a lady. She was dressed like a top-notch executive—she looked poised, capable, professional...and then I realized that her face was wet with tears. Alarmed, I started to ask her if she was all right and noticed she was also trembling and clutching her armrests so tightly all the whites of her knuckles were showing. She looked at me and said, "I'm sorry, I'm just afraid of flying. I always go through this before I fly."

I told her I was a minister of the gospel and asked if I could pray for her. "Yes, please," she said. So I prayed for her and shared the gospel with her. I told her how wonderful it is to know God not just as God Almighty, but as our Father, and how there is no Father like Him in the way He watches over His children. And thousands of feet up in the air, I had the awesome privilege of leading her to the Lord and seeing His peace come over her. Immediately after she prayed to receive Jesus as her Lord and Savior, she began to let go and relax her tight grip on her seat.

Dear reader, I share this story to tell you how many of us are like

that precious lady. No matter how poised, cool, and collected we may seem on the outside, we all have problems that only Jesus can handle. And no matter how tightly we clutch and hold on, all our holding on is not going to keep the plane up in the air or safe through a patch of turbulence. We forget that if God doesn't lift our "plane," no amount of us trying to "lift" it is going to help. Today, let me encourage you: When it comes to Jesus, you can let go. You can relax completely. You can lean back in your seat, push it back all the way, cover yourself with the blanket, and just relax because He will carry you through. You can let go, trust His piloting, and enjoy the journey.

Let Go and See His Supply Flow

Some time ago, I had an inner vision from the Lord. In my vision, I saw soft, pliable golden pipes coming down from heaven and pouring out golden oil on a believer, every pipe bearing constant supply for different areas of the believer's life. Soon after I had that vision, I asked the Lord for confirmation from the Scriptures and He led me to Zechariah 4:12, where the prophet Zechariah saw golden pipes from which golden oil flowed. In my vision, one of the golden pipes ministered to the believer's health, another golden pipe ministered to his finances, while yet another golden pipe ministered to his marital well-being. Another golden pipe ministered to his walk with God, with *charismata*, anointings, and spiritual gifts flowing down from heaven. Another golden pipe ministered to his sense of peace.

All of a sudden, I saw the believer getting worried about a particular area of his life and squeezing the end of the golden pipe that was ministering to him in that area. The supply was still flowing from heaven, but his worry had constricted the pipe on his end. To the believer, it looked like the supply had stopped, but

all he had to do was stop worrying and let go...and the supply would flow out again.

When our Lord Jesus died on the cross, He paid for our healing. He paid for our provision. He paid for our peace. He paid for our marriages to be blessed. He paid for the well-being of our children. He paid for heavenly supply to flow into *every* area of our lives—for golden pipes filled with golden oil to flow unabated over us, bringing supply constantly into our lives.

Our heavenly Father is ever supplying. He is the God who rained bread from heaven and brought water out from the flinty rock. He is the God who multiplied a little boy's lunch to feed five thousand, with twelve baskets full of leftovers. He is the God who turned water into wine and gave a net-breaking, boat-sinking haul of fishes to a fisherman. My friend, there is no problem with the supply! The problem is at the receiving end—when we worry, we end up constricting the flow of His supply to the area we are worried about. We end up like the believer I saw in my vision, gripping the pipe so hard that the flow of oil is choked. God does not stop supplying; He is always supplying by His grace. Our part is to let go and let His supply flow!

God is always supplying by His grace. Our part is to let go and let His supply flow.

Take No Thought

I would like to share with you a precious testimony that we received from Anita, who lives in Virginia:

I worked in a manufacturing plant as a production supervisor and was laid off in January. As I was led into the human

resource office to be told the news, I heard in my heart, “All things work together for my good.” After the news was delivered, I rose up and told them that this was going to work together for my good. I am a divorcée and mother of two teens. I was the sole provider for my household, or so I thought.

I continued to concentrate on the grace of God that has been given to us as believers. I taped your program every day and watched it nonstop. I even kept it going while I slept. **The love of my heavenly Father and Jesus became so true in my heart that I just knew everything was going to be fine. Whenever the bills were due, I would hear Him tell me, “Take no thought for tomorrow; My grace is sufficient for you.”** Sure enough, everything always worked out fine.

In July, I was offered a position as a manufacturing supervisor for about the same pay as I was making in my last assignment, but I just knew in my heart that that was not the position I wanted. I had prayed and asked the Lord for a position as a human resource manager, so I turned the position down.

In November, the CEO of that organization called me and stated that she was looking through the former human resource manager’s desk and came across my résumé. She said that she knew it was a divine appointment because she had decided that she was not going to fill the position until the following year, but she wanted to interview me. At the interview, she hired me on the spot—she said the Lord had sent me to her. When she asked about my salary expectations and I answered, she responded by saying she was going to **give me significantly more than what I wanted.** Praise the Lord. I am now employed in my dream job and I know the Lord sent me here. It’s wonderful.

I just wanted to share my testimony to encourage those who are unemployed that they should truly make their requests known to God and let the peace of God guard their hearts and minds in Christ Jesus. May our heavenly Father continue to bless your ministry.

Praise the Lord! Notice that Anita's breakthrough did not come immediately. In fact, it took almost a year before she received her dream job. But through it all, the Lord kept reminding her to trust Him and to "take no thought." Through it all, He kept supplying by His grace. As a single mum who had to take care of the needs of two children, it would have been so easy for Anita to allow the stress to consume her, but instead she chose to focus on the Lord's love for her. She chose not to worry about how she would provide for her family and believed that all things would work together for her good. And as you just read for yourself, God didn't just give her what she asked for. She was given a position with a salary that was "significantly more" than what she asked for!

Beloved, whatever trial you might be faced with today, I want to challenge you to let go and stop worrying about it. Your God is big enough, and He is just waiting for you to allow Him to take care of your need. I declare to you that He will provide for you the same way He provided for Anita—exceedingly, abundantly above all you can ask or think!

Choose Not to Worry

Perhaps you might not be trusting God for a job, but for healing. A health issue has been weighing on your heart and you are troubled by the symptoms that you have been experiencing in your

body. If so, please allow me to share another testimony with you that I believe will bless you. Belinda from California wrote:

Some time ago, I went to my doctor for my regular checkup after my mammogram because I had an early detected case of breast cancer five years ago. The doctor who had examined me said she had felt a lump. She proceeded to conduct an ultrasound on me but because the scan wasn't very clear, she requested that I stay on to have a further scan done by the radiologist.

I agreed but I began speaking Scriptures over the lump and refused to give in to fear. As I was waiting, I received your Daily Grace Inspiration email titled Choose Not to Worry on my phone.

The message encouraged me not to worry and quoted the verse from Matthew 6:27—"Which of you by worrying can add one cubit to his stature?" In that message was also the testimony of a woman in your church who was diagnosed with lumps in her breast after a mammogram. She believed that she was healed and even wrote on her medical report that Jesus is her healer and that she had received her healing. And a subsequent ultrasound scan the very same day revealed no evidence of any lumps!

I almost burst into tears because I knew that the message was for me. I claimed it and also pulled out other Scriptures from 1 Peter 2:24 and Nahum 1:9 to meditate on. And even though I wanted to call my husband and friends to pray for me, I didn't because I felt that God was telling me to trust Him.

An hour later, I was scanned twice. However, the radiologist who conducted the scan was unable to find the lump and I had to point out the location to her. However, all she

said was, “I can’t find anything! There’s nothing on the film and I can’t find anything!”

Praise God for His healing hand and touch on my life that morning and for the encouraging message from your ministry! In between scanning and checking, I had continued to believe for my healing, laid hands on the affected area, and claimed victory in Jesus’ name. I also spoke over the lump, all the time remembering the testimony shared in your email.

THANK YOU!

We rejoice with Belinda at the Lord’s healing in her life! Wor-
rying about the lump that her doctor had found would have done
nothing to it. She chose instead to let go of that worry and to put her
trust in the Lord, and He accomplished a miracle for her. Hallelujah!

Did you notice that both Anita and Belinda chose not to
worry even though they faced challenging circumstances? They
were heeding the voice of their Savior. They were letting go of
their challenges and holding on to His promises.

I’m not telling you to stop worrying and God will supply.
That would be an untruth. I am telling you that God *has* already
supplied and He is *still* supplying. Your worrying is hindering
your receiving.

Let go.

■ *Your worrying is hindering your receiving. Let go.*

Let Go and Let God

I once heard the story of a young Christian college student who
was greatly stressed, as he did not know if he would have suffi-
cient finances to finish his studies.² During one of the lectures he

attended, the professor told the class, “If you let God do everything for you, it’ll be perfect. Let God do it. Let God supply for you. Let God bless you. Let God feed you. Let God heal you. Let God do everything.” This greatly inspired the young man.

When he got back to his dormitory, he took six postcards and wrote a letter on each of the cards, spelling out the words, L-E-T G-O-D. “Let God.” He then stuck them on the wall where his study table was as a daily reminder for himself. From that day, he tried his very best to trust the Lord and to let God do everything for him and be everything to him. However, nothing seemed to change. He didn’t know what he was missing. The supply wasn’t coming in and he didn’t seem to have the breakthrough he was hoping for.

Finally, he prayed and told the Lord, “I don’t understand. What is happening? I’m trying to let You take over and let You bring the provision, but nothing seems to be happening and I know something is wrong. So show me, Lord.”

After he had finished praying, a wind blew into his room and knocked off one of the cards. It was the card with the letter *D*. The letters on the cards now spelled, “Let Go.” The student took that as the answer from the Lord—the reason God did not seem to be making any inroads in his life was because he was still holding on! He had to *let go* and only then could he “let God”!

In the midst of your worries, let go and let God be God in your life. Let go and allow His abundant supplies of health, strength, victory, peace, provision, and so much more to flood your life. Whatever you might be praying for, I am believing together with you for miracles and breakthroughs to happen as you put your trust in Him!