

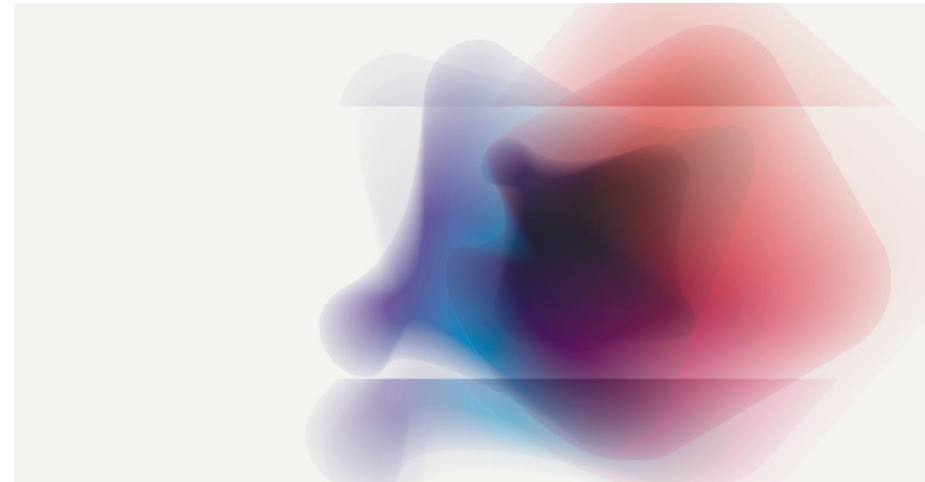
*Letting Go!*



# 1. Recognize your season.

Ecclesiastes 3:1-8

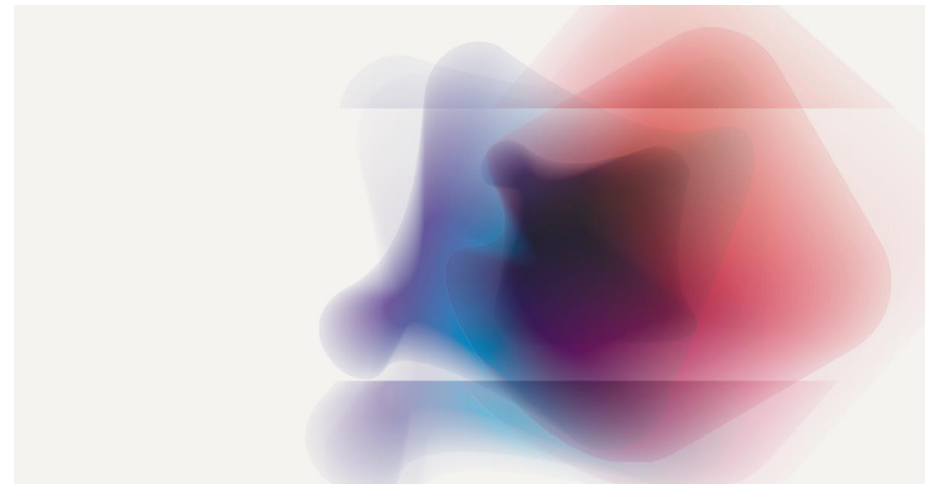
To every *thing there is* a season, and a time to every purpose under the heaven:  
<sup>2</sup> a time to be born, and a time to die; a time to plant, and a time to pluck up *that which is* planted;  
<sup>3</sup> a time to kill, and a time to heal; a time to break down, and a time to build up;  
<sup>4</sup> a time to weep, and a time to laugh; a time to mourn, and a time to dance;  
<sup>5</sup> a time to cast away stones, and a time to gather stones together;  
a time to embrace, and a time to refrain from embracing;  
<sup>6</sup> a time to get, and a time to lose;  
a time to keep, and a time to cast away;  
<sup>7</sup> a time to rend, and a time to sew;  
a time to keep silence, and a time to speak;  
<sup>8</sup> a time to love, and a time to hate;  
a time of war, and a time of peace.



2. Set a guard over your heart.

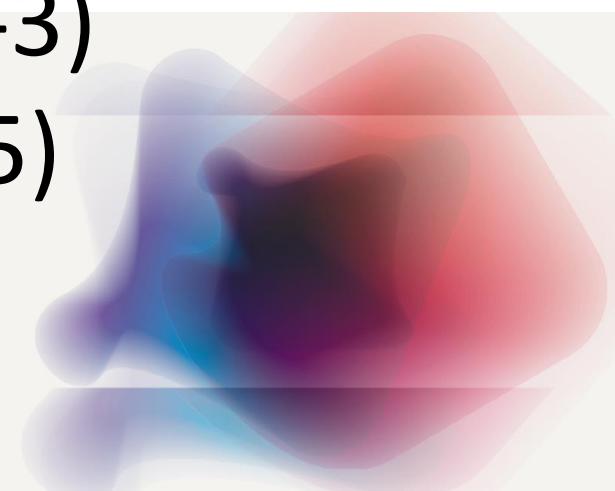
Proverbs 4:23

Above all else, guard your heart,  
for everything you do flows from it.



### 3. Submit to the healing process

- Forgiveness (Mark 11:25-26)
- Submission to the WORD (Isaiah 55:11)
- Prayer (Jeremiah 33:3)
- Praying in Tongues (I Corinthians 14:4)
- Submit to spiritual authority (Titus 3:1-3)
- Involved with the Body (Hebrews 10:25)

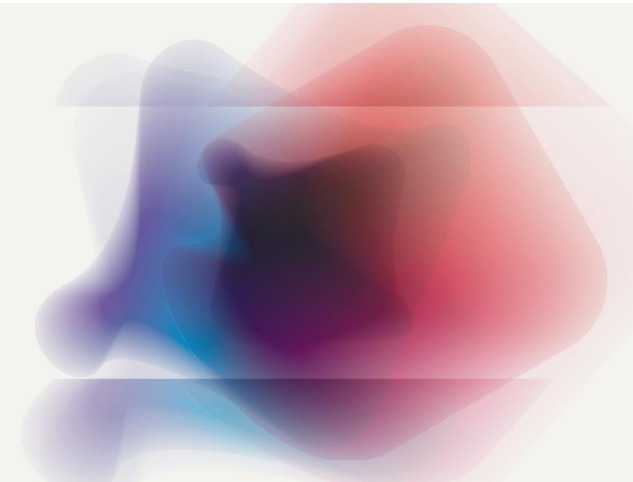


4. You must learn to trust.

Psalm 28:7

The LORD is my strength and my shield;  
my heart trusts in him, and he helps me.

My heart leaps for joy,  
and with my song I praise him.



*I know I'm healed when*

I'm willing to put  
myself out there

Even if I get hurt.

*Letting Go!*

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