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12-31-2023
A TIME OF LETTING GO

There are many people that will be making New Year's resolutions today, only to not be able to fulfill them. They are making them from the leading of the flesh rather than from hearing from Holy Spirit.

Some say they will lose weight, but never change the way they eat. Others are addicted to various things, but the addiction is a stronghold. Even though they want to stop it, it will take more than resolve. It must be dealt with spiritually.

Others say they will quit bad habits like smoking or drinking, but again, it is a stronghold and requires more than the will. It must also be dealt with spiritually.

The only way to really let go of something is to lay it at the cross of Jesus Christ and crucify the flesh. It is not easy, because crucifixion is painful. Whether it is an addiction, or a bad habit, or just a resolve, it will only change if we make a spiritual adjustment.

First, we must repent of the things that are holding us in bondage. Then, we must rely upon the Lord to help us. The Holy Spirit will nudge you to "not" do something, and if you listen to that inner prompting (which is the voice of God speaking to you) then you will succeed.

Remember, we are in a spiritual battle. It is not won with physical weapons. It is won with the armor of God. As we surrender those areas of our lives that are displeasing to God, and make the choice to go with God rather than the ways of the flesh, we win the battle.

Yes, it is a time of letting go, and trusting that God will help you through. The apostle Paul struggled with these things also. In Romans 7 he speaks of the war between the flesh and the Spirit. In Romans 7:23 he said, "***But I see another law in my members, warring against the law of my mind, and bringing me into captivity (stronghold) to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.***"

We renew our mind through the word of God that brings conviction. It convicts us of those things called sin. When we are convicted, we shouldn't run ***from*** God. We run ***to*** God and repent. Then and only then can we truly walk in victory, for we have let sin go to serve God rather than the flesh.

This war is in the mind. Satan wants us to listen to him and lose. God wants us to listen to him and win. The choice is ours.