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RELEASE

(Striking the right balance between HOLDING ON and LETTING GO)

(SERIES: Chasing Balance: 06 of 07)
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“After Nathan had gone home, the LORD struck the child that Uriah's wife had borne to David, and he became ill. David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.

On the seventh day the child died. David's servants were afraid to tell him that the child was dead, for they thought, ‘While the child was still living, we spoke to David but he would not listen to us. How can we tell him the child is dead? He may do something desperate.’ David noticed that his servants were whispering among themselves and he realized the child was dead. ‘Is the child dead?’ he asked. ‘Yes,’ they replied, ‘he is dead.’

Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate. His servants asked him, ‘Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!’ He answered, ‘While the child was still alive, I fasted and wept. I thought, “Who knows? The LORD may be gracious to me and let the child live.” **But now that he is dead, why should I fast?** Can I bring him back again? I will go to him, but he will not return to me.’” (2 Samuel 12:15-23 NIV)

Letting go?

I am learning to let go of **opportunities not seized.**

I am learning to let go of **the good gone bad.**

I am learning to let go of **people turned toxic.**

“Alexander the metalworker did me a great deal of harm. **The Lord will repay him** for what he has done.” (2 Timothy 4:14 NIV)

“Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.” (1 Peter 3:9 NLT)

Holding on?

I am learning to hold on to **a generous Jesus.**

“And my God will meet all your needs according to his glorious riches in Christ Jesus.” (Philippians 4:19 NIV)

I am learning to hold on to **gracious friends.**

“**The generous will prosper;** those who refresh others will themselves be refreshed.” (Proverbs 11:25 NLT)

I am learning to hold on to **great memories.**

I am learning to hold on to **God's future.**

“For I know the plans I have for you,” declares the LORD, “**plans to prosper you and not to harm you, plans to give you hope and a future.**” (Jeremiah 29:11 NIV)