



“CAST ALL YOUR ANXIETY ON HIM
BECAUSE HE CARES FOR YOU.”

— 1 PETER 5:7

DEVOTION:

There are things we hold onto tightly—pain from the past, control over our future, or fears about what might happen next. Letting go doesn't come naturally. It can feel like losing stability or giving up something important.

But Scripture invites us into a different posture: open hands instead of clenched fists.

In Matthew 11:28, Jesus says, *“Come to me, all you who are weary and burdened, and I will give you rest.”* Notice He doesn't say, *“Figure it out first.”* He simply says, *“Come.”*

Letting go is not about giving up—it's about handing over. It's choosing to trust that God can carry what we cannot. When we release control, we make room for His peace.

Think of what you're holding today. Is it worry? A relationship? A plan that isn't unfolding the way you hoped?

God is not asking you to pretend it doesn't matter. He's asking you to trust Him with it.

Letting go is an act of faith:

- Faith that God is good, even when life feels uncertain
- Faith that He is working, even when you can't see it
- Faith that His plans are higher than yours

Prayer:

Lord, You see what I'm holding onto. It's hard to release it, but I don't want to carry this alone anymore. Teach me to trust You more. Help me open my hands and place everything into Yours. Fill me with Your peace as I let go. Amen.