

WEEK 5 - TUESDAY AUGUST 18th (Scheduled Release Oct 27)

Sisters of Life - Let Love deal with your stuff

<https://youtu.be/tjmQMddkVXE>

Everybody has “stuff”, everybody has a junk drawer (or closet...)

Has there been a time in your life when there has been a miracle or when God has taken care of your stuff?

If we don't let love deal with our stuff, something else will...

We will fill the void with Netflix, video games, stress-eating, anger, holding onto grudges, etc... but if we try to fill the void with something other than God, we will be unsuccessful.

As God's children, He wants to take care of us and our stuff. We can bring him our stuff and surrender it to Him... surrendering our stuff to Jesus is NOT giving up, rather, it is focused engagement on the One who *can* fix it.

5 steps to letting Love take care of our stuff:

1. Acknowledge His presence.

Stop, slow down, and be real with God. Be real with your stuff, and with your trust in God.

2. Describe your situation to Jesus

It's not talking to ourselves about it, it's talking to Jesus. Don't fake it, just present it to Him as best you can... He wants to meet you where you're at.

3. Turn it over to God

Let it go. Invite Him in.

4. Listen

Give Jesus a chance to speak to us. Silent prayer is important. Ask Him, “What do you think about this Jesus”

“Prayer enables us to listen to what God the Father and God the Son are saying about us” (Bishop Barron).

5. Trust that God will take care of it

Ask Him, “What are you going to do about this, Jesus?” Trust and give Him space to deliver a creative solution. Thank Him ahead of time. It can help to think back to different times in our lives where God has provided for us and thank Him for those times, and trust He will provide for us now.

What can we bring to God?

- Fears about the future
- Regrets about the past
- Sufferings
- Habitual sins
- Wounds of the heart
- Finances
- Lack of strength to do something we know we need to do
- Ways I think I'm not good

- Anything, really!

God is for you! He cares about what you care about. Bring him anything, big or small. Talking to Jesus, there's always hope.

The people we hear about in the scriptures were those who had a need and went to Jesus for help. The ones who tried to resolve things on their own, we don't talk about 2,000 years later... we hear of the ones who went to Jesus and trusted in Him to take care of their stuff.

No Father wants to see their kid sit in a pile of muck. God doesn't want to see us dwelling on our problems feeling stressed, worried, angry, etc.

Challenge: For 1 week, try these 5 steps - bring your stuff to Him and let Him deal with it.