

## Step 4: Lighten Up

*(How to let go of what's holding you back)*

**(SERIES: 12 Steps Up; 04 of 12)**

by Dr. David Foster

"Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life." (Psa 139:23-24)

"All a man's ways seem innocent to him, but motives are weighed by the LORD." (Prov 16:2-7)

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account." (Heb 4:13)

### From the moment you arrived...

You've been measured & **tested**.

You've been compared & **criticized**.

You've been **conspired against**.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*." (Eph 6:12)

### As a result

We tend to **relive old hurts**.

We tend to **replay old old tapes**.

We tend to **repeat old habits**.

## What's driving you?

### Am I driven by **unmet needs**?

"Why spend money on what is not bread, and your labor on what does not **satisfy**?" (Isa 55:2)

### Am I driven by **unfulfilled promises**?

"Putting confidence in an unreliable man is like chewing with a sore tooth, or trying to run on a broken foot." (Prov 25:19)

### Am I driven by **unfinished business**?

". . . Demas, because he loved this world, has deserted me . . ." (2 Tim 4:10)

### Am I driven by **unrealized potential**?

"But Samuel said to him, ' . . . the LORD has rejected you as king over Israel!'" (1 Sam 15:26)

### Am I driven by **uncelebrated service**?

". . . **I AM THE ONLY ONE** left, and now they are trying to kill me too." (1 Ki 19:14)

### Am I driven by **unresolved anger**?

". . . Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives." (Heb 12:15)

### Am I driven by **unaccepted acceptance**?

"Restore to me the joy of your salvation and grant me a willing spirit, to sustain me." (Psa 51:12)