

**KAILUA CHRISTIAN CHURCH**

**SUNDAY, JULY 13, 2025**

**SERMON: LET GO, LET GOD**

**SCRIPTURE: PSALM 55:22; 1 PETER 5:7; ISAIAH 46:4; PROVERBS 3:5-6; PSALM 46:10; JEREMIAH 29:11  
SAFIYAH MUHAMMAD**

**SCRIPTURE:**

Psalm 55:22: "Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved."

1 Peter 5:7: "Cast all your anxiety on Him, because He cares for you."

Isaiah 46:4: "Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Psalm 46:10: "Be still and know that I am God."

Jeremiah 29:11: "'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."

**SERMON: LET GO, LET GOD**

Aloha, church family! Good Morning.

It's such a gift to be here with all of you this morning. Before I begin my sermon, I would like to express my gratitude for opening your church and allowing me the space to learn from all of you and discern my call to ministry. It has been a great blessing to meet all of you and be welcomed with open arms and hearts. I also want to thank you for trusting me to play a part in this church. Whether that be me coming up on this stage and singing a song you've never heard before, or adding my dancing moves to worship songs that definitely don't need it, or me completely messing up offertory by forgetting to invite the ushers up to grab the plates. You have all shown me so much grace and hospitality, and I am genuinely grateful for that; thank you very much.

I hope that grace extends to this sermon, cause only God knows how this is going to go. Either way, I hope this speaks and resonates with you in some way, and if it doesn't... Hey, I'm only preaching up here once, and it won't be that long, so hang in there.

So the message of today's sermon is simple: "Let Go.. and Let God." A phrase that we all probably know and have heard. A phrase that has gotten me through a lot of tough times and is a comfort to me whenever I listen to it. Although not explicitly stated in the Bible its meaning still remains relevant.

The reason I have chosen this is that, in our Women's Discipleship group, I was reminded of it, and it sparked many memories, which is something I truly live by and wanted to share with all of you. So let's get into it.

Let's be honest, some of us are expert-level worriers. I know I definitely am. Even here in beautiful Hawai'i, we find things to stress about!

Maybe you've worried about:

- the outfit you decided to put on today( which you shouldn't you all look beautiful)
- or you're worried about the Costco run you'll have to eventually do where it'll be super packed and you will most definitely run into someone you know
- or whatever other worry you may have.

And that's just the surface. Underneath, we carry real burdens, such as:

- health issues
- family tension
- Finances
- Aging
- and Uncertainty about the future; the list goes on.

But I'm here to tell you that God doesn't want us to carry those worries and burdens alone.

Psalms 55:22 says: "**Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved.** "

So what exactly does this mean? Well, let's break it down.

**"Cast your burden."** The word "**cast**" means to throw, hurl, or toss. It's not a polite hand-off. It's actually a command by God, an intentional release of something you were never meant to carry. God doesn't say "Place it gently." He says, "**Cast it.**"

There's a sense of urgency. God wants you to release that burden and place it on Him.

In Hebrew, the word for "**burden**" can also be translated as:

- what has been given to you,
- your lot,
- your assignment,
- or what you've been entrusted with.

Meaning that your "**burden**" is not necessarily a random weight or punishment. It might be the very thing God has placed in your life for a purpose. Viewing our trials this way can help us change the way we think altogether. Instead of thinking "Why is this happening to me?" you can start asking, "How is God at work through this?" "What is he trying to teach me?" That shift in thinking changes your mindset from one of resentment

to one of reverence. From saying "This is ruining me," to saying "This is refining me." In other words, even the responsibilities and hardships you didn't ask for, God says, "Bring them to Me."

It's like when your mom comes home from the grocery store and you don't want to take multiple trips from the car, so you grab all the bags at once. You're like, "I got it!"... until the oranges start rolling down the driveway and you're bumping into doorframes with cans digging into your wrists. Life gets like that, too. We stack one responsibility on top of another. One anxiety after the next. And we keep going, thinking we can handle it until... something drops. But here's the good news: God's not standing there saying, "See? I told you." He's standing there saying, "Let me carry that for you." He's not judging you for struggling, He's inviting you to share the weight.

That's what it means to let go... and let God.

Next is "**on the LORD**." This means trusting God as The ONE who can actually handle it. It's not casting your burden on:

- your spouse
- your kids
- your therapist (although they can help)
- your bank account
- or your own self-discipline.

It's putting your full weight, your stress, emotions, fear, and confusion onto God. God isn't surprised by your pain. He isn't intimidated by your mess. He's not sitting thinking, "Oh no... here they come again, what are they here to talk about this time..." No!, He invites it, he encourages it, and he commands it.

1 Peter 5:7 echoes this verse: "Cast all your anxiety on Him, because He cares for you."

This time, the cast is not just once; it is a participatory one, meaning to continuously cast your burdens on God. Here, in 1 Peter 5:7, the Scriptures tell us why we are to continually cast our burdens and cares. Because God Our Father Cares for Us. God cares about what you care about. The world may not care at all about you, but God our Father really cares about us.

The next part of the verse says, "... **and he will sustain you.**" The word "**sustain**" means:

- to uphold
- to lift you up when you are down
- to provide for us when we don't have enough
- supports us when we are leaning over, just about to fall
- keep us alive
- nourish us
- and bear our weight.

Meaning that is not a promise to fix everything instantly, but it is a promise that God will hold you through it.

He will:

- Give you enough grace for the day
- Fill you with strength when you feel weak
- Carry the emotional weight you're too tired to carry
- and Hold your heart together when it feels like it's breaking apart.

Think about that: God doesn't just take your burden away; He replaces it with His sustaining presence.

Isaiah 46:4 backs this up by saying: "**Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.**" This is God's personal promise, not just to the young and strong, but to those with gray hairs, aching bodies, and tired hearts. He says: 'I made you. I'm still here. I will carry you. I will sustain you. And I will not stop showing up for you.'"

Then, finally, the verse says, "**He will never permit the righteous to be moved.**" To be "**moved**" here means to fall, stumble permanently, or be shaken beyond recovery. God is promising stability to those who trust Him, not that we won't face storms, but that we won't be destroyed by them.

When you hear "**Cast your burden on the Lord, and He will sustain you,**" it's an invitation to: stop carrying the impossible load, stop acting like you have to do it all, and start trusting the God who already sees the end from the beginning.

It means:

- Cry if you need to, but cry to Him.
- Rest even when the work isn't finished because He's still working.
- Release control, not because you're lazy, but because He's better at being God than you are.

Now I'm not preaching this because I've figured it out. I'm preaching this because I need it too. I worry about little things... and big things.

Sometimes I find myself lying awake at night, wondering:

- "Did I say the right thing?",
- "Did I make a mistake?"
- "Are they all judging me right now?"
- I even wondered, "Am I good enough to be on this stage talking to all of you right now?"
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However, over time, I've learned that the closer I get to God, the more those fears fade. The more I trust in him and know that he is always there for me and has my back, the less stress and worries I carry.

Now, when I say the phrase "**let go,**" I think it that can easily be mistaken for giving up. To stop trying, because God's got it covered. But that's not true. It doesn't mean

sitting back, kicking your feet up, and eating potato chips because God's going to do it all for you. No! Letting go is an act of trust and a surrender. It means giving the steering wheel to the One who already knows where we're going. It's like that song "Jesus take the Wheel, take it from my hand, cause I can't do this alone."

Proverbs 3:5-6: **"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."**

Now I want to ask you this, "When was the last time you really let go?"

Or are you like me: Giving your stress to God in the morning... and then picking it right back up by lunchtime? Saying things like, 'God, I trust You with this situation,' but by 12:00, I'm already googling solutions, worrying about outcomes, and planning my backup plans.

Letting go isn't a one-time event. It's a relationship. It's daily, moment-by-moment surrender. And God is patient with us, every time we take it back, He invites us to give it to Him again.

Now, when I told my dad about the topic of my sermon, he reminded me of Psalm 46:10, which says, **"Be still and know that I am God."** Something my dad has told me many times before, but it hit especially hard when meditating on the phrase "Let Go and Let God." When God says, "Be still and know that I am God." This isn't just a suggestion. It's a command... and a comfort. It's not saying "do nothing," it means to pause your striving, to stop trying to control everything, and to remember who's in charge. It's God saying, "Let me be God today. You be still." When we're still before God, we surrender the need to have all the answers. We stop fixing. We stop forcing. We start trusting. The deeper the level of trust, the less the need for details.

I'd like to share a story with you that has helped me better understand this phrase. For those of you who don't know, I have a dog. A beautiful Chinese Shar Pei named Guri. Now, anyone here who has a pet knows the love you have for them is like no other. You really start to see them not just as a dog, but as a family member. One day, while I was away at college, living in the dorm, I received a call from my mom saying that Guri had run away from home. Someone had left the gate open, and he ran off.

When I first heard this, I was shocked.. I didn't believe it at first. I thought my mom was playing a prank on me, and Guri was safe at home... but she wasn't, and my heart sank; I immediately started crying. It was my first week back at school, and I felt like I couldn't do anything. My family reassured me that they were looking, but none of that eased my anxiety and worry. 2 days went by, and there was still no sign of my dog. I would call and text my parents every few hours for updates, but I got nothing. My worries were at an all-time high. I couldn't focus in class, and I was in a constant state of depression with my mind filled with every worst-case scenario in the book...

"What if he died?" "What if he was kidnapped?" My mind was racing a million miles an hour, filling my thoughts every second of the day, until one night I was sitting in my room, staring up at the ceiling, still missing my dog and feeling sad and miserable. So, I began to pray. Asking God to reveal Guri's whereabouts and to bring him back to my family.... And then my emotions suddenly shifted. It went from feeling miserable to a feeling of determination; it changed from moping around to a sudden boost of energy. My mood changed from feeling hopeless to knowing there was something I had to do. I had to let go of my feelings of worry and doubt and stop thinking negatively. I decided to put my trust in the Lord and let Him guide my actions and my path. I had to take that moment of stillness, lying in bed and looking up at the ceiling, to know that God is there and He's going to work it out. Once I had a moment with the Lord, I heard his voice tell me to get up and get to work. And I did exactly that. I remember it was about 6 pm when I began listening to the Lord and putting his plan into action. My first thought was to create a flyer and post it all over my neighborhood, but I knew that would take too long, and since I was still in college, I thought I could do the same thing online. So I did exactly that, I made a flyer and posted it all over Facebook, joining every lost dog group in Los Angeles on the site, then posted it on every lost dog website. When I say I immediately started to receive comments and sightings of Guri, and pictures of him around town, I mean it! I have time stamps of the order in which everything went down.

At 7:04 pm, I made the flyer about Guri going missing. At 7:22, I see a post with a picture of Guri found on Facebook and immediately start messaging with people in the comments and the one who took the photo, all of whom give me his last known whereabouts and the streets where they had seen him.

I then called my father and gave him the street names and information, and stayed on the phone with them as my brother and father drove around the location given, and then BOOM, they found him! We all started crying, smiling, and thanking God for reuniting us with Guri. My dad and brother then decided to drive up to my school, which thankfully isn't too far away, so I could see Guri and hug him before they safely brought him back home. And that was at 8:39 pm. God moved so fast in my life when I decided to stop stressing and worrying and to put my trust in Him. I'm not someone with all the answers, but He is, and all I have to do is keep my ears open to hear the actions and plans He has for me and watch the blessings unfold. That's what I want all of you to take away from this today, even though you may think your world is crumbling apart or things aren't going your way, you need to let go, release it into the hands of God, and trust in the Lord that it will work in your favor. Remember that you don't have to be in control, because God is. While the world may shake, God remains unmoved and firm. When worry overwhelms, recall Psalm 46:10: **"Be still...and know that I am God."** That's letting go, letting God.

Now, I know some of you might be thinking... "Wow, what a nice story.. But what about the times when things don't turn out like that?" and the dog ISN'T found?"

"What about the prayers that seem to go unanswered?"

To be honest, I'm still wrestling with those questions. Because the truth is: sometimes the healing doesn't come. Sometimes the door we're knocking on stays closed. Sometimes, the thing we're hoping and praying for doesn't happen. And it's in those moments, not the easy ones, but the hard ones, where trusting God becomes real. Psalm 46:10 doesn't say: "Be still, and know that I am fixing it." It says: "Be still, and know that I am God." He's not just the God of happy endings. He's the God who walks with us through the valley, even when the ending hurts. Sometimes faith is not about getting what we want. It's about trusting who God is, even when we don't understand what He's doing. When we let go and trust God, we're not just trusting Him for results... We're trusting Him for the relationship. We're saying, "God, even if it hurts. Even if it's hard. I will still believe that you are good, and you are with me." And sometimes, His greatest gift isn't the answered prayer... It's His presence in the waiting.

So yes, I thank God for bringing Guri home. But even if He hadn't... I believe God would have carried me through the grief. Because His love isn't based on outcomes, it's based on His unchanging faithfulness. Let go... let God... even when it doesn't make sense. Because even then, He is still God.

To close off, I like to add another verse from Jeremiah 29:11, which says, **"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."** I want to remind everyone that you are not alone. You don't have to fix it all. You don't have to know how it ends. You have to be still... and trust that God does. So, today and this week, when life gets heavy and you feel like you need to control everything, I hope you find comfort in the words "Let go... let God" and "Be still... and know," and let them be the guiding light in whatever darkness you may face. Amen.