



Let. It. Go.: How to Stop Running the Show and Start Walking in Faith

Karen Ehman

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Many women are wired to control. You're the ones who make sure the house is clean, the meals are prepared, the beds are made, the children are dressed, and everyone gets to work, school, and other activities on time. But trying to control everything can be exhausting, and it can also cause friction with your friends and family.

This humorous, yet thought-provoking book guides you as you discover for yourself the freedom and reward of living a life 'out of control,' in which you allow God to be seated in the rightful place in your life. Armed with relevant biblical and current examples (both to emulate and to avoid), doable ideas, new thought patterns, and practical tools to implement, Let It Go will gently lead you out of the land of over-control and into a place of quiet trust.

Let. It. Go.: How to Stop Running the Show and Start Walking in Faith Details

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From Reader Review Let. It. Go.: How to Stop Running the Show and Start Walking in Faith for online ebook

Jill says

I enjoyed the stories from the Old Testament that reminded me of women who had to walk in faith. The rest of the book seemed like anecdotes about how women need to let it go. I understand the whole concept of letting things go, but would have liked some more tangible ideas on ways to learn to step out in faith a bit more. Plus, in my kindle version of the book--I think there were a few typos?!? Could that be? Maybe that was part of the lesson...I couldn't get past them, maybe I need to just let that go.

Julie says

Very quick. Not as "deep" as I'd hoped, but some good advice in parts.

Laurie says

Not radically new in principles, but does offer some helpful perspective.

We fret and worry and waste unnecessary time trying to remedy situations in which we have no business and where our perfectly powdered noses don't belong.

What we must do is determine the difference between being conscientious (our part) and being in control (God's job).

We intellectually believe he does what is best for the world in general, but practically we behave as if in our individual situations, we still know what's best.

there is vast freedom in pursuing a life lived out of our own control.

As Jesus went through his earthly life, he had a plumb line— a solid starting point of reference on which he based all of his decisions. It was straightforward and uncomplicated: he came to do his Father's will by glorifying him while on earth (John 17:1).

So when it comes to a purchase, an activity, an event, a friendship, a hobby, or a pastime, I ask myself, "Is this a tool, a toy, or a tangent?"

After more than forty years of being female, I have come to a bold and harsh realization: Someone is always going to rearrange my building blocks. Or move my dolls. Or alter my circumstances. Or disappoint my child. Or mess with my schedule. Or paint a picture of my character, however false. And oftentimes I really have no say in the matter.

Our only solution is to cultivate the gentle art of acceptance, of learning not to ask "Why me?" but rather "What am I supposed to learn at this junction of life that will make me a better person and draw me closer to

God?" We shouldn't pout, asking God to get us out of the circumstances. Instead of crying, "Lord, get me out of here!" we should instead be praying, "Lord, why have you brought me here?"

When we willingly accept our lot in life, welcoming all that God is trying to teach us through it, we lose the drive to over- control, to micromanage in an all- out attempt to appear perfect and ensure everything in our lives is "just so."

As a result, our nerves will be calmed. Our stress level will deflate. Our tasks will be less about work and more about worship. Our decisions will become easier. We will experience more joy and be strapped with less worry. Past experiences will begin to make sense. Our present will seem more doable. Our future will actually begin to come into focus. The pretense of perfection will fade away, and a stunningly striking authenticity will be reflected instead. Life becomes not about self but all about the Savior.

I've learned that it's more important to recognize and praise effort and diligence than outcome and performance.

We can mentally ask ourselves questions that will empower us to maintain calm emotions and keep a healthy perspective. Questions like ... "Does it matter now?" "Will it matter tomorrow?" "Will it affect eternity?" "Is God trying to teach me something? If so, what?" "Can I pause and praise instead of interrupt and instigate?" "Is there really an issue here that needs addressing with my child?" "Am I just being a control freak, and do I need to let it go?"

Counsel is giving advice and guidance in a gentle but direct way that helps the person seeking the instruction. Counsel is not barking. Counsel is not belittling.

Yes, we should be conscientious, giving counsel; but we should not be controlling, or complaining with criticism.

The fire doesn't ignite suddenly when the question is posed or the rule is broken or the household way isn't followed. Its kindling goes waaaaay back— back to expectations and perceptions.

Amy Carmichael first uttered this concept: "If a sudden jar can cause me to speak an impatient, unloving word, then I know nothing of Calvary love. For a cup brimful of sweet water cannot spill even one drop of bitter water, however suddenly jolted." 3

Say yes because you feel called, not because you consider yourself capable .

Seek margin. And space.

changing our circumstances rarely changes us.

Esther is the scriptural role model for how to control what you should and trust God with what you can't. And, more importantly, how to decide which is which!

When we even subconsciously think we can control the situation and the outcome but fall short, we may succumb to situational depression. We must remember that God is God and we are not. We must look to him for our role in the scenario being played out. How should we respond? What should we do? How should we pray?

fast from other things— like talking about the people involved in the situation,

Decide where to glance and where to gaze

God is waiting eagerly to respond with new strength to each little act of self- control, small disciplines of prayer, feeble searching after him. And his children shall be filled if they will only hunger and thirst after what he offers. Richard Holloway

there is the real issue. What is best? Do we always know? And how do we know the difference between what we should try to control and what we should let go of?

Soul control is when we speak God's truth to ourselves. Soul control is when we recognize that life isn't fair— that others who seem evil prosper, while the righteous seem to flail about. Soul control is when we pause to remember our place. And God's. Soul control is learning to idle our brains before we engage our mouths, thereby saving ourselves a boatload of heartache, wounded relationships, and regret. Soul control is when we stop— sometimes midsentence— and realign our thinking and resulting actions with God's Word. Soul control is when we finally realize that it is only God who has sole control over the universe. We do not. And even though it appears that sometimes people, or even Satan, control the situation, they don't. Soul control is a fresh dose of perspective amid the turmoil of life that can transform a control- freak woman (who has wounded only with her words perhaps, but killed nonetheless) into a woman who, like transformed David, follows hard after God's heart.

What does God want me to learn about him that I might never discover if he were to suddenly pluck me out of this situation? • What Christlike character traits is he trying to grow in me— patience, trust, compassion, faith? • Who is watching— either up close or from afar— and discovering what God is like by my reactions to my current situation? • How might my empathy for others deepen if I go through this current trial with grace and acceptance? • What is God trying to say to me, not by the outcome, but through the voyage?

Father, may I learn the secret Paul knew and live it well. I want to be content in whatever circumstances you place me instead of trying my best to wiggle out of them. Teach me to look for you in the midst of what might seem a less- than- lovely situation. I want my heart to no longer be disturbed or disquieted but instead to be confident in and content with you and you alone. I know you already know what is best for me. Help me to see and know it too. Amen .

Brigitt says

Great book

This book highlights a lot of areas of life. Opens a whole new world. Definitely a keeper in our house.

Naomi says

Aspects of Let. It. Go. were good reminders to trust God, but I honestly struggled reading this book. Ehman

tried way too hard to be cute and funny in a modern "Hey, Girl" way that did not work for me. I don't know if it was the topic or her tone, but I found myself rushing through the book so I could finish it. Usually I love my bookclub choices, but this missed the mark.

Bethany F. says

Wonderful book that applies to all women all the time and I should probably read regularly, but the style and humor were very...trying. Learned a lot and was definitely challenged though!

Marcia says

I loved this book.

And yes, letting go is a problem for me :)

The most useful thing I learned was the difference between tools, toys and tangents, and knowing when to use each of them.

I love the fact that she addresses letting go in all areas of life - home, husbands, kids, etc.

"There are many ways to get to four" and the fact that you have shoes lying around, means you have children who can walk, and so on.

Very freeing... but I still say to have your spaces that are neat to keep your sanity!

Janet says

I found that this book did not give enough specific, actionable advice. The advice was more general. I also had not realized that the book was heavily focused on women who are wives and mothers, so I could not relate to many of her examples. There were a few parts that I found hard to align with my personal thinking (such as a woman's role is to follow, and a man's is to lead).

Shelly Troup says

By far this is one of the best books I have read! Karen Ehman shows you the ropes with lots of humor, how to stop being a control freak! She makes it easy to understand, and give great encouragement along the way. By the time you get to the end of the book you are 100% sure you can do this!

Stacy says

This took me longer to get through than I originally thought, but that's because I got sidetracked binge watching Grey's Anatomy! Lol

This book is pretty awesome. Some of the stuff I could really relate to, and then other things were very astutely aligned with other women in my life. There are many thought provoking ideas here, and overall, I would recommend it to anyone who is trying to let go of the things in life you cannot control (which is probably more than you think it is or realize.)

It gets a little repetitive in the middle, but the beginning and end were definitely worth the whole read!

Lindsey says

I really wanted to love this book. I did enjoy parts of it, and Ehman offers some insight on how to "let go" but ultimately, it seems like she is more concerned about trying to be funny and giving shout outs to her many friends (e.g. "my friend, so and so," etc.). Letting go is important because it forces us to trust God in all circumstances, but I wish Ehman would have focused more on that than trying to be light-hearted and cute. I needed more meat.

Joseph says

This book is geared towards mothers and home makers, especially of the micro-managing and image conscious variety. It sometimes focuses too much on the minutia and gripes more powerfully than it displays and reveals where God is in the details. While the book is preachy, it sometimes places the Christian context of the challenges of motherhood and marriage as more afterthought than focus. It also rotates between clever and snarky/trite to varying effect; at times the tips and strategies are useful and at other times, simply a witty and amusing anecdote.

Kelly says

This book was just what I needed! I happened upon this book by browsing, no recommendation was given or anything like that, but it was meant to be.

Ehman has a beautiful way of writing, humble and down to earth, that really resonated with me as a busy wife and mother. For a Christian writer, too, it was very kind, gentle, and nowhere near as "preachy" as many I have read. Her focus is on her opinions and experiences, and she calls them just that.

As part of a 12 step program, I found so many interrelated ideas and themes between this book and what we discuss in meetings. Truly, this book was so special to me. I loved it!

Ashley Schantell says

I was trying to listen to this book, but between the author reading the book and the chapter on submission to

husbands... I just couldn't. She spent a lot of time trying to be funny, and it just felt like there was no real content. Who knows, maybe the rest of the book is solid but I couldn't handle it any more after about 1/3 of the book. DNF.

Stacie Boren says

I purchased this book from Amazon to #buddyread with @kaylasonlyheart. Let It Go by Karen Ehman. ???
Karen walks us through her humorous life and guides us to let go of the control women seem to possess. It isn't always a bad thing for a woman to control but how you wield that sword determines a certain aspect of your walk in faith, the way your family perceives your behavior, and may cause friction with friends. Not to mention the tool is plays on the stress factor in your daily life. Sometimes its ok to not have it done your way. Learning when and where to just let it go and let it be is rewarding in so many more ways in our journey for Faith. Review also posted on Instagram @borenbooks, Library Thing, Go Read, Goodreads/StacieBoren, Amazon, Twitter @jason_stacie and my blog at readsbystacie.com
