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Letting go...

In our present day world much value is placed on self-reliance, on discipline, on “getting on with things”. But sometimes we also need to let go.

If we are being realistic there may come a time when we need to let go of at least some of our hopes and dreams, the things that might have been - but won't now happen.

Gradually we expect to let go of our children as they grow up, first as they go to school and then, all being well, as they leave home for work and to form their own homes and families, but usually in the hope that they will be back again as visitors.

And for ourselves, as we get older we need to learn to let go of the person we have created, the ego, and get in touch with the self, the inner person that Christians believe God created each of us to be. This is the person we are when everything else falls away, especially if there is illness or disability. But that doesn't mean the end of the person as a precious human being. Each person remains a unique individual, known and loved by God. And so our “letting go” can become “letting God”; letting God lead us, letting God guide us.

Jesus told his disciples that if anyone wanted to become his follower they must deny themselves, take up their cross and follow him. Letting go of the selves we have spent so much time creating can be painful but until we do so we cannot really move forward with God. In this season of Lent we hear again how Jesus calls us all to follow him. Now would be a good time to start letting go and letting God lead us and guide us.