

**The Federated Church of Hyannis ~ Reverend Derek L. White, Pastor**  
**Sunday, March 14, 2021**  
**SERMON: Letting Go, Part 4**

**Scripture:** Matthew 11:25-30

At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.” “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

### **Introduction**

Welcome to week four of our Lenten Series titled “Letting Go”. We have been on this journey of learning how to let go of things.

In week one of the series, we discussed the theme of letting go in order to take up something new. This connected to the theme of fasting and pilgrimage.

In week two we looked at tradition and the need to let go of misunderstandings. It was how the meanings and purposes of traditions get lost and these practices can become hard rules.

In week three of our series we looked at letting go of fear. How do we take steps of faith?

Today we will be looking at letting go of weary. How much emotional baggage do we carry and how we can let go of it?

### **PART 1: Let It Go**

I want everyone to know I have been trying really hard throughout this series not to burst into song. Because anyone Disney came out with the song a couple years ago that seared itself into every parent’s brain. Of course, I am talking about the soundtrack to the movie “Frozen”. It’s a movie about a Scandinavian princess who has secret magical powers that she has to hide from everyone. Then one day she becomes so tired of hiding this secret from the world that she runs away so she can

be free. And the climactic scene is Elsa, the princess, singing this power ballad of “Let it go” as she makes an ice castle using her magical powers because she no longer has to hold back and hide her true nature anymore.

The film broke all the records when it came out in 2013. It is the fifth largest grossing film of all times earning \$1.2 billion in the box office and Disney’s largest grossing film. It cost Disney \$125 million to make. The story of letting go of fear and anxiety to live freely universally connected with audiences. Elsa blew away all the other Disney Princesses.

## **PART 2: Letting Go of Weary**

Jesus encouraged his disciples not to worry about today or tomorrow. He instructed them to take his yoke upon them because his yoke was easy and his burden was light.

Often today we carry so many worries that they easily weigh us down. We worry about schedules, finances, relationships, children, etc. There is never a shortage of things to worry about. Yet when we trust in Jesus we know that God is good all the time, and all the time God is good. It is God who provides. Jesus told his disciples that foxes have holes and birds have nests, but the Son of Man has no place to lay his head. This lesson teaches that God provides for the animals, and how much more important we are. God will provide for us too. We need not worry, only trust and obey.

The life abundant is the life that is free from the worries of the world. There is joy when we come to a life of faith, because it frees us from worry.

## **PART 3: Nothing to Worry About**

Just the other day, a person here at the church was sharing with me one of their favorite quotes from C.S. Lewis about the atomic age. Shortly after the creation of the atomic bomb people were worried about what it meant for humanity. And C.S. Lewis's response was, “just because there is a new way to die, there is no reason to lose our heads about it”. The truth is death is something we all will face some day. It is not something to worry about because it is not a new revelation.

Recently my mother was talking to me about my uncle who has been in hospice for the past two years. She was very worried about it. I reminded her of the fact that we all face death, some are just closer to it than others. But for those who have

faith, death is not the end. As a matter of fact, it is just the transition from this world to the kingdom eternal. Every day here on earth is a blessing.

#### **PART 4: Being Entrusted with Much**

There is the story of the young rich man who came to Jesus asking what he must do to receive eternal life. He stated he had followed all the commandments. Jesus told him to go and sell everything he had and follow him. We know from the story that the young man went away sad because he had great wealth. He had so much to worry about because of it.

That may sound strange. But remember Andrew Carnegie had so much wealth he worried if he could give it all away before his death. He built many libraries, schools, halls, etc. If only we all could have the problem Carnegie had. He was determined that he came into the world with nothing, and he should leave the world with nothing. He worried about how to be responsible with the great wealth with which he was blessed.

Jesus calls us to be faithful with what we have. But we should not allow worries to rob from us the life of joy God intends for us. There is a sense of freedom and peace that comes from trusting in God.

#### **PART 5: Conclusion**

When I entered into ministry, I was hesitant. I knew it would require letting go of a lot of things I had hoped for. But what I found is that God is good all the time, and all the time God is good. God had always provided what I needed; shelter, food, security, etc. Learning to trust in God has taught me to find joy and freedom in life.

I will leave with this last bit of wisdom I have learned. Every night before I go to bed I say this little saying, “the sun will rise and set without me”. It reminds me that God is in charge. It helps me to release my worries for the day and surrender them over to God. I have done everything I can do for the day, and tomorrow is a new day for me to pick up the torch and do my best again. It is a blessing to be able to hand over such worries to the Lord. Sometimes there are really traumatic things that happen in the day. But God is the one who always provides. All I can do is be faithful with what I have.

So let us trust in God and remember God is good all the time, and all the time God is good.