



# Geloofsgewoontes wat lewe gee

## GELOOFSGEWOONTES WAT LEWE GEE

# LETTING GO

If we are to be truly present to ourselves, we must let go of the preoccupations that fill us up and keep us from stillness and presence. To be fully present means that I must be temporarily absent to the things I normally carry within me in consciousness.

~ David G Benner

You're blessed when you get your inside world – your mind and heart – put right.  
Then you can see God in the outside world. Matthew 5:8 Mmsg

## Laat gaan ...

### Matthew 6:30-34

If God gives such attention to the appearance of wild-flowers – most of which are never even seen – don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

### Lukas 14:33

So kan dan ook niemand van julle wat nie afsien van al sy besittings, my dissipel wees nie.

### Markus 1:20

En dadelik het Hy hulle geroep, en hulle het hul vader Sebedeüs met die gehuurde mense in die skuit laat staan en Hom gevolg.

### Matthéüs 5:11

Salig is julle wanneer die mense julle beledig en vervolg en valslik allerhande kwaad teen julle spreek om My ontwil.

## Hoekom laat gaan?

### Johannes 10:10

Die dief kom net om te steel en te slag en te verwoes. Ek het gekom, dat hulle lewe en oorvloed kan hê.

## 'n Praktiese oefening ...

### Psalm 46:10

Be still, and know that I am God!

### Psalm 131:2

Waarlik, ek het my siel tot bedaring gebring en stilgemaak; soos 'n gespeende kind by sy moeder, soos 'n gespeende kind is my siel in my.

Ek word 'n dader van die Woord deur ...