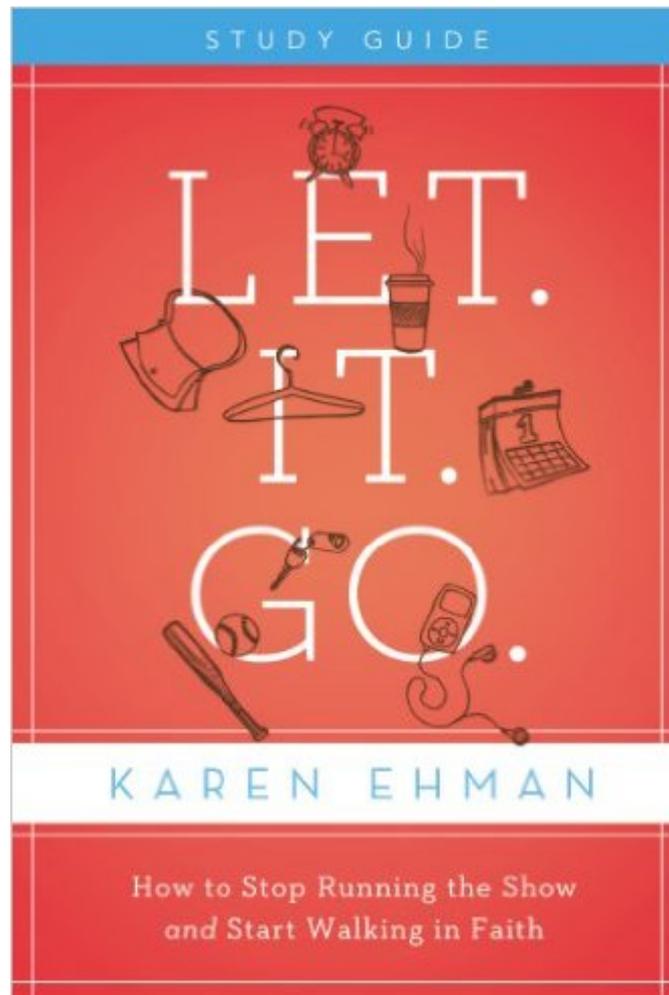


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# Let. It. Go. Study Guide: How To Stop Running The Show And Start Walking In Faith



## Synopsis

In this six-session women's small group bible study, *Let. It. Go.*, Karen Ehman provides practical, biblically based steps for letting go of the need to control. Let's face it: many women are wired to control. We make sure that the house is clean, the meals are prepared on time, the beds are made, the children are dressed, and everyone gets to work, school, and other activities on time. And trying to control it all is not only exhausting, but can also cause us to lose friends and sometimes, the affection of our families. It can earn wives and mothers the label of control freak and send those within our sphere of influence packing. In this humorous, yet thought-provoking small group Bible study you'll find the freedom and reward of living "out of control" – putting God in the rightful place he deserves 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, this study will gently lead you out of the land of over-control and into a place of quiet trust. This Participant Guide is designed for use together with the *Let. It. Go.* DVD (sold separately). When used in together, the Participant Guide and DVD provide you with a practical tool that can help grow your faith. Sessions include: 1. God Called and He'd Like His Job Back 2. Combating the "Me First" Mentality 3. Pursuing the Appearance of Perfection 4. Practicing the Art of Soul Control 5. When Comparisons Lead to Over-Control 6. Fixing Your Eyes on the Attitude Indicator

## Book Information

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## Customer Reviews

This study really spoke to me about areas in my life that I need to work on. I just wish I had studied it when my daughter was younger. Despite the fact that she is now an adult, it still spoke to me as a

wife, daughter, friend, and the mother of an adult child. One quote that has not left me is "Better a mother's mangled tongue, than a child's battered heart." So true, it is so easy to let the small stuff get to you. Great study!

I enjoyed the study guide. It has a lot of good insight to gain, but you need the book to go with it, and the dvd. It makes it easier to follow along. I wish I would have known this from the beginning. The book isn't very bible based, and I miss reading my bible to follow along. I've gained a lot of useful knowledge, and I'm glad I did this bible study with my women's group.

I have loved doing this study!!! Karen has such a great sense of humor and makes the whole study insightful and fun!

There are tips in this book that I will keep forever. Thank you Karen for making it so much easier to let it go!

Great study for those juggling kids and the schedule. I didn't get a lot out of it as an empty-nester.

Very good teaching, but would like to have the DVD that goes with it? Do you know how to get the DVD ?

This was perfectly written to all women who are plagued by that control freak inside. We all contend, daily, with this malady. Thank you, Karen for your obedience to write this book for us!

Good Study just more this is what we do than how to fix ourselves. Need more practical advice on changes to make to help us "Let it Go".

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