

How to Let Go in the New Year

Some memories are treasures. Worthy to be protected and cherished.

Some, like the Amalekites, must be left where they fell. We must let go of them. Move on. We must, especially as we age, learn which is which. All too often we talk too much about the wrong memories. God admonished Moses to “put out the remembrance of Amalek.”

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Letting go is among the most important of all the keys to aging gracefully. Yet, as important as it is, the phrase sounds like a hollow platitude. I have heard it said a million times and seen it on bumper stickers and buttons: “Let Go and Let God.” The challenge is making that truism real in real time and in real life. We are somehow predisposed to hold on to stuff, wounds no less than blessings. Some people are emotional hoarders. Their lives are stuffed with trash they should have sent to the dump years ago. The question is, What do we let go of? What do we hold on to? We often memorialize the wrong things and jettison that to which we should desperately cling. Some things need to go in the rubbish bin never to be retrieved. Other things need to be cherished and enjoyed like beloved heirlooms.

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Exodus 17:14 (KJV) is a fascinating verse. “And the Lord said unto Moses, Write this for a memorial in a book, and rehearse it in the ears of Joshua: for I will utterly put out the remembrance of Amalek from under heaven.” Why would God tell Moses to recount the wild, wonderful, dramatic story of the Exodus in Joshua’s hearing? Joshua had been there for all of it. God asked him to do so because both he and Joshua needed to share the memory. Moses needed to tell it, and Joshua needed to hear it again. Some memories need to be gone over repeatedly. The Amalekites need to be forgotten. The trick is knowing which is which.

Don’t Carry What Belongs in God’s Hands

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