

How You Can Know When It's Time to Quit

There is a time when quitting is best

Our training says never quit, and there's plenty of room for that truth.

You can still hear your parents say, "Never quit."

Out of nowhere, it will hit. You will feel too fatigued, too scared, let down, too sore, too criticized, too busy, not ready, too sad, stuck and might even think it is time to quit.

Pause, name exactly what you feel. It is OK to feel a certain way. But it's not about what just happened. It's about the thought that comes next. Expect that there will be thoughts that make you question what you are about to do.

However, it is your next thought that matters most. Your next thought needs to involve reminding yourself that you will be relentless and be able to push forward because of what you have already experienced and endured in your life.

There are things to quit, and something never to quit.

One author said we need to quit:

- Trying to please everyone.
- Fearing change.
- Living in the past.
- Overthinking.
- Being afraid to be different.
- Sacrificing our happiness for others.

–Thinking we’re not good enough.

–Assuming we have no purpose.

I get it. I also resonate with these. But there are also times we must quit what we’re doing.

There are some things we need to quit instantly.

Things like:

–Complaining.

–Whining.

–Gossiping.

Giving up complaining, whining and gossiping is a win. Then there are things we should never quit. Things like prayer, gratefulness, encouraging others and brushing our teeth.

Jennifer Hatchigan said, “There’s an important difference between giving up and letting go.”

Times to Quit

Life initiated things to quit. Quitting certain things is necessary to move forward to better opportunities.

Some seasons force us to quit things that we once would never consider—things like friendships. Friendships are not forever. Some friends are seasonal.

There are always new seasons.

“Do not remember the former things, nor consider the things of old. See, I will do a new thing, now it shall spring forth; shall you not be aware of it? I will even make a way in the wilderness, and rivers in the desert” (Isa. 43:18-19).

God is always leading us to new places and doing new things for Him.

It may seem odd to give up something good.

When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.” –Tao Te Ching

But we must remember that something best never looks like good things.

Good is like silver, and the best is like gold.

Letting go of “good” is never easy. It is merely necessary. God will order new steps in new seasons. Moving from good to great will demand the sacrifice of good things to get to the more significant portion.

Sometimes promotions resemble demotions. Letting go of the familiar means grabbing uncertainty. This is not easy for some. The step creates a test.

Laura McDonnell said, “You always get tested the most before you progress to the next level. What if part of your story is incomplete? What if you are rounding the corner to something amazing?”

With God involved, “amazing” is always in the equation. God does exceedingly abundantly above all we could ever think. God is amazing all by Himself.

Following God is a journey of ups and downs. In the up times, we have grace. In the “down times,” we have grace. And grace is always sufficient, and God still supplies all our needs.

God supplies all we need, always.

Make it personal

In my ministry, I have changed positions several times. Every change demanded letting go of things secure and step toward the unsure. On several occasions, I left a sure paycheck for no guaranteed salary.

We once moved 200 miles with 11 cents in our pockets and no job.

I am not saying moving with 11 cents is a good idea. It was just the way it happened. We sold our home, and at the close, we were surprised with unusual and unknown costs and fees. It was challenging for sure. But God supplied all our needs.

New doors opened wide when we chose to let go of the familiar and take the road of the unfamiliar.

Angel Chernoff said, "One of the most powerful moments in life happens when you find the courage to let go of what can't be changed. Because when you are no longer able to change a situation, you are challenged to change yourself—to grow beyond the unchangeable. And that changes everything."

I am ready for change. Are you?

Many consider what to start doing.

You and I must consider what we should stop doing. {eoa}

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