



# Learning to Let Go

Pentecost

## **Learning to Let Go of Fear**

Acts 2:1-4

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### **Acts 2:1-4**

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

“I’ve always been a very scared person. For as long as I can remember, really. I don’t think I’ve overcome it. In the book, I talk about ‘rising to meet it.’ There’s something significant in that. To approach your fear and not suppress it—it makes space for you to really interrogate what is at risk, what your body is communicating, and to discern if the fear can be trusted or not. I say this

because fear can also be one of our fiercest protectors. A sacred intuition telling us that something just isn't right. It is what keeps us from jumping from building to building, or touching the fire's flame. There is something really nurturing in it, at times. And still, there is a fear, like you've mentioned, that is an anxiety. A fear that latches on to you. It is not interested in meeting you; it wants to possess you. I think I've learned to try to tell the difference. Between a fear that possesses you, and a fear that is warning you."

- Cole Arthur Riley, creator of Black Liturgies & author of *This Here Flesh*

## 1. Safety is the Priority

### **Romans 8:15-16**

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children.

### **Romans 8:38-39**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

## 2. Comfort is What You Need

## 3. Hiding is What You Do

### **2 Timothy 1:7**

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

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