

## **Reflecting the Principle through Self Evaluation**

### **Life Principle #19**

*Anything you hold too tightly, you will lose.*

If you are wondering how you can tell if you are holding on to someone or something too tightly, then ask yourself the following questions in regards to the person or item you cherish:

Am I being disobedient to the Lord?

Am I rejecting the Lord's commands for my life?

Am I seeking this relationship or item in my life on a regular basis, sometimes causing me to deny time, money or service to the Lord?

Do most of the decisions I make in my life revolve around this person or item?

Do I feel the Holy Spirit convicting me at this moment that I am serving this person or item instead of serving the Lord?

## What do people hold too tightly?

Relationships

Wrong ideas and perceptions

Goals and dreams

Timing

The past

Possessions

Old hurts

## How can you release your grip?

1. Begin by recognizing that God is not first in your life.
2. Then ask Him, “How much of my time, thoughts, or energy do I put towards this item, position, or person?”
3. Acknowledge that you devote more time and energy to something other than the Lord.
4. Decide to put everything in its proper place. Let Jesus be first, and He will help you arrange all other priorities.