

# Releasing You

**Releasing is not to stop loving you,**  
*but is to love enough to stop leaning on you.*

**Releasing is not to stop caring for you,**  
*but is to care enough to stop controlling you.*

**Releasing is not to turn away from you,**  
*but is to turn to Christ, trusting His control over you.*

**Releasing is not to harm you,**  
*but is to realize “my help” has been harmful.*

**Releasing is not to hurt you,**  
*but is to be willing to be hurt for healing.*

**Releasing is not to judge you,**  
*but is to let the divine Judge judge me.*

**Releasing is not to restrict you,**  
*but is to restrict my demands of you.*

**Releasing is not to refuse you,**  
*but is to refuse to keep reality from you.*

**Releasing is not to cut myself off from you,**  
*but is to prune the unfruitful away from you.*

**Releasing is not to prove my power over you,**  
*but is to admit I am powerless to change you.*

**Releasing is not to stop believing in you,**  
*but is to believe the Lord alone will build character in you.*

**Releasing you is not to condemn the past,**  
*but is to cherish the present and commit our future to God.*

—June Hunt



**Hope for the Heart**

[hopefortheheart.org](http://hopefortheheart.org)