

## Exhale Into God

### Description

[RG AUDIO 102121](#)

Genesis 22:9-19

In the 21st century, the story of Abraham and Isaac is complicated from many different perspectives. Though we know how it ends, we still hold our exhale as the knife trembles in the hands of the father. How welcome are the words, “Do not lay a hand on the boy” (v. 12a).

The process of letting go must have been excruciating for Abraham. How he came to that level of obedience, I may never understand. In all our lives, God asks us to release and trust in God’s love. What is it that holds your exhale today? Where are your worries? What are your fears? Is there something precious that you hesitate to give to God?

If the story of Abraham and Isaac teaches us anything, it is that we can trust God with everything. The love that flows from the Father’s heart is no less than the love that you feel for those most precious to you. Now imagine that kind of love lavished upon you. God’s heart beats for you.

Exhale and release. As you do, receive the love of God.

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