

**New Spirit Radio - Playlist - 02-18-24 - Letting Go of Someone You Love**

*As humans, we tend to hold on to things, people, and situations that no longer serve us.*

*We cling to them out of fear, comfort, or familiarity, even if they cause us pain and prevent us from moving forward.*

*But sometimes, the only way to truly progress and find peace is by letting go. Through God you will be guided towards people and opportunities that are meant for you.*

**Psalm 37:4-5** - "Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this."

*As we release our loved ones and surrender our plans to God, we can have confidence that He will lead us in paths that align with His perfect will for our lives.*

**Isaiah 43:18-19** - "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

*It encourages us to perceive the newness and the opportunities that God is bringing in the midst of our letting go.*

**Super Blessed Music Set**

Anne Nesby & Jasper Street Company - Praisin' His Name

Reggie Steele, DJ Spen, Gary Hudgins - Hold To His Hand (DJ Spen - Gary Hudgins Remix)

Tasha Cobbs, Supremetheremixer - Break Every Chain (Up Lifting Mix)

UnCle B, Shay, Deepo - Thank You (Deepo Vocal Mix)

Brutha Basil, DJ Beloved - We Need Love (DJ Beloved's After Dark Mix)

Dav Risen, Candice McKenzie - His Promise (Main Mix)

Children Of The Underground, Featuring Tracy Brathwaite, Victor Simonelli - Oh Happy Day (Previously Unreleased Cassette Demo Mix)

Kem, Muzikman Edition - Jesus (Muzikman Edition Blood Of Jesus Remix)

Aaron K. Gray, DJ Gomi, DJ Spen, Charles Dockins - Celebrate Your Life (DJ Spen - Charles Dockins Remix)

Shighenergy, Supreme Dope Remixever - That's Why We Pray (The God's Rock Mix)

God's Property w Kirk Franklin - Why We Sing (Louie Vega Expansions BKG Mix 21 Years Later)

The Wayouts - Surrounded (Honeycomb Vocal Mix)

**AI's Affirmations**

- I am letting go of what no longer serves me

- Letting go of what was gives me the freedom to find what will be

- I am working on my inner peace.

- I release toxic memories that are preventing me from being happy.

- My peace of mind, peace of spirit and overall happiness are my number one priority

**Let Us Pray -**

Dear Lord, I come to You with a heavy heart, asking for Your strength and guidance as I let go of someone I love deeply.

I know that You love me and have a plan for my life, but it is hard to see that now as I struggle with this pain and sadness.

I ask that You help me to surrender my feelings and emotions to You.

Help me to release this person and any negative thoughts or feelings that I may have towards them.

I forgive them for any pain or hurt they have caused me and I ask for Your forgiveness for any resentment or bitterness in my heart.

I know that you have a plan for my life and I trust in Your goodness and love.

I know that You will guide me and help me to move on from this situation and I ask that You comfort me during this difficult time.

In Jesus name, Amen!