Let Go and Let God: A Mental Health Reflection for Christians

"Let go and let God" is a phrase often shared in Christian spaces to encourage trust in God's sovereignty. While simple, it carries a deeper meaning that can be especially relevant to mental health when understood correctly.

From a Christian perspective, *letting go* does not mean ignoring pain, suppressing emotions, or avoiding responsibility. Scripture consistently shows that God welcomes honesty, struggle, and even distress. The Psalms are filled with cries of anxiety, grief, and fear, reminding us that emotional suffering is not a lack of faith—it is part of the human experience. Mental health challenges such as anxiety, depression, or trauma are not spiritual failures; they are places where God's presence is often most needed.

To *let go* means releasing the belief that we must control everything or carry every burden alone. Jesus invites us: "Come to me, all who are weary and burdened, and I will give you rest" (Matthew 11:28). In mental health terms, this can look like acknowledging limits, naming emotions honestly, seeking support, and allowing God to meet us in our vulnerability. Faith and therapy, prayer and medication, Scripture and coping skills can work together rather than in opposition.

Letting God means trusting that God is active even when healing is slow or unclear. It involves daily surrender—placing fears, intrusive thoughts, shame, and unanswered questions into God's care, sometimes repeatedly. Philippians 4:6–7 reminds believers that bringing worries to God does not always remove circumstances, but it can guard the heart and mind with peace.

For Christians, "let go and let God" becomes an invitation to compassion rather than simplification. It encourages walking alongside those who struggle, affirming that seeking help is faithful, and reminding them that God does not abandon us in our mental health battles. Instead, God works within them— through community, professional care, and grace—to bring healing, resilience, and hope.