



REGINA BAKER

# HOW TO LET GO AND LET GOD

FROM WORLDLY PAIN  
TO SPIRITUAL FREEDOM

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From Worldly Pain to Spiritual Freedom

Regina Baker

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## **ACKNOWLEDGMENTS**

To God be the Glory for the things HE has done. I thank you for being mindful of me, teaching, guiding, loving, and having the patience with me to fulfill Your will be done.

Thank you to my late husband, Ruben, for loving me like I've never known love.

Thank you to my Mom who loves me unconditionally and supports everything I do. I love you more than you could ever imagine!

To my siblings, Reginald, Roslyn and Rhonda, I love you all to Life for your constant love and support even when you don't have a clue what I'm doing.

To my mother-in-law, Mary, no matter what, you love me! Thank you for sincerely claiming me as your daughter, I love you!

To my best friends for life, Tami, Debra and Taffy. May God continue to bless you and your families. The support and patience you all have... who else would? {laughing}, I love you all to life!

I sincerely thank you all!

## **FORWARD**

Give it to God at the Altar and pick it back up as soon as you walk out the door of the Church! I tell you that would have been my constant theme if my life had been playing out over the screen many years ago. I am sure many of you know what I am talking about. You sincerely want to give it to GOD and yet, you think you should help him out along the way.

Believe me, Regina Baker has hit the nail on the head when she released “How to Let go and Let God”. She does not in any fashion come to you all puffed up or better than you, she is very humble and sincere in revealing what happened in her own life as she learned first hand “How to Let Go and Let GOD”. What she has so candidly written on the following pages will provide the practical tools that WILL make you take a look at yourself. Remember Michael Jackson’s song that says “I’m starting with that man in the mirror”? Regina is essentially saying to you, “You must start with that man or woman in the mirror especially when it comes to “Letting Go and Letting GOD”.

Sure you have heard people say “Let Go and Let God” as if it is a cliché. The problem with the way it was said was that it wasn’t backed up with HOW. I commend Regina on looking at various areas and providing with you several questions that you should ask yourself. I applaud her for saying you’re responsible for your own happiness – because it's not your husband’s responsibility or your wife’s responsibility for that to happen.

I encourage you to read this through the first time and then read it again with a pen and paper in hand, make notes and begin to let GOD do a work in you like never before.

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# Book Excerpt

## Chapters 2 and 9

### 1 INTRODUCTION

To God be the Glory for the things HE has done!

I was compelled to write this book after writing an article on the subject well over 6+ years ago. Humbly honored, I received numerous comments and personal emails thanking me for the information.

I always tell people that God has a beautiful way of answering prayer in the most unique way we could ever imagine. God is not deaf to our prayers. He doesn't overlook our questions, our pain and definitely, our needs.

However, I believe, that God holds us accountable to His revelation (understanding of His word). As believers, it is our responsibility to seek Him for guidance, for understanding and then believe that He will do as He says. He is the ONLY Man that will not lie to us.

As you prepare to read this book, I pray that you will be encouraged, fulfilled and that your questions are answered by Him and Him only. I don't say this to say that I'm speaking on His behalf, because I'm not. I desire to be used by Him in any way HE deems fit. God gets ALL the glory and for this I'm grateful to share this content with you.

Last but surely not least, when you pray and ask God for guidance, remember, praying produces faith, faith produces belief, therefore, remove ALL doubt and be in expectancy for however God answers.

In all your getting, get understanding...

*Regina Baker*

## 2 MY PERSONAL JOURNEY

I can only speak from my level of experience when it comes to seeking God for spiritual understanding. My journey is just that, mine – yours is your own. While they may be different, the word of God is the same yesterday, today and forever more.

I know when God touched my life. In other words, I remember the day, He let me know, He was right there with me.

I was 19 years old. I was pregnant and at the point of giving birth. While in the birthing center, I remember the nurse saying “I don't hear a heart beat.” Everyone began to scramble to find out what was going on. As I was wheeled into the delivery room, my Aunt began to tell me what was going on. There was no heart beat from the baby. She was stillborn.

Upon leaving the hospital, I remember a couple of days later sitting in the dining room and wondering why my baby didn't make it. A voice from no where was peaceful and assured me that I was going to be okay and that I wasn't alone. I immediately knew it was God! There was a peace placed upon me that was not of this world. Although my Mom, Dad, Grandmother loved me unconditionally, they were unsuccessful in providing the comfort that God did.

From that day forth, I knew God loved and cared about me. I wasn't a bible scholar – yet I attended church regularly because that was the way we were raised. But that wasn't the beginning of my study – nor my desire to “get to know God” personally. As a matter of fact, it wasn't until years later – 10 years to be exact, that I sought after knowing what the word was and how it related to me.

My late husband (may he rest in sweet peace), was very knowledgeable of who Jesus was and why. He never pushed it on me or judged me because we were at two different places at that time. Gradually, he began to take me to church services that were 'different.' The type of services where people worshiped in a way I had never experienced before. They called out to God, not caring who was around them – they sought after God for their own personal reasons. At first, it was intimidating and scary. I had SO many questions like why were they doing certain things. I didn't feel all of that 'was necessary'. I didn't know what to think or what to do because it was just all too confusing for me. I was judging something I had zero knowledge of!

A short time later, a dear friend introduced us to a Woman who was madly in love with God. She was the type of person who wanted to impart everything she experienced and knew about God and would hold bible study to teach what she knew. We were then introduced to a minister whom, in my opinion, was the best teacher ever placed in my life.

He would sit at the kitchen table with us and read the scriptures over coffee, and then ask us what we understood about them. On one occasion, I specifically remember after reading a verse, him saying, “now, who said that? Did I say it?” That particular question helped me to understand that it wasn't about him, it was about the message. I no longer 'physically' looked at him as though my understanding or walk would be based on him and his approval – it was about understanding the bible – God's word, His direction and His approval.

## 9 PROBLEMS IN YOUR RELATIONSHIPS

Early on in our marriage, I use to think that I had problems. I say use to because God gave me a lesson that I will never forget!

It didn't matter what it was, I blamed my husband for everything! If things weren't going right for me, I would blame him because it had to have something to do with him – why else was I going through this?

Yeah right!

I remember telling my Dad that Ruben was living off of my goodness. In other words, he was fortunate in life because of me. I actually use to think that because I made more money than him, we did okay because of me! It was me who was the honcho in this relationship! If it weren't for me, where would he be? Isn't that horrible, selfish and conceited? Uh-yeah!

One day as I was cleaning the kitchen, God stopped me right in my tracks. He spoke to me and said, “until you repent and change your awkward thinking, nothing will change for the better for you – who do you think you are?” Talking about a serious wake up call! You better believe I got myself together and with the quickness!

I knew I had to not only ask God for forgiveness, but I had to also go to my husband and ask him as well. I had to realize that our marriage was not based on me and me only! It was not based on the fact that my husband was “lucky” to have me because I thought I was all that and a bag of chips to go along with it.

I had to seek God for the answers as to why I did what I did and what was the right path to take with this. I eventually realized that God was the head of my husband and my husband was the head of the family. As long as he had the best interest of our family in mind, I was to humbly submit to my husband.

Now does that mean I had to forget about myself in the process? No. It meant that I had to understand what true marriage is in the eyesight of God. Some Women have a serious problem with submission. They think once they submit it's like being “less than” according to the world.

“When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfill your vow.” Ecclesiastes 5:4

As a Christian, marriage is a holy covenant. When we take our marriage vows, it's just that serious. We're not just repeating the words that the minister says for the heck of it, we're making a vow unto God (and we really need to be careful when we do that). You should ask yourself what does marriage REALLY mean to you and are you willing to REALLY be there for the good as well as the bad?

Later on in our marriage, Ruben and I were willing to do whatever it took for our marriage to work. We became best friends – friends who sincerely trusted each other. Having this type of friendship, allowed us to “listen” whether or not we agreed with what was said but, to come to a conclusion as

to what was the best solution for our family. We had long, in-depth discussions about how we felt about a particular situation or thing. We learned how to communicate.

(Get this and you're going to have a serious breakthrough! It's not about who's right or wrong – however, it has everything to do with sincerely respecting each other as individuals and then concluding with the best (solution) decision for the situation.

Men seriously need to understand that their wives are NOT their children or someone they can just mold into who they want them to be for their own selfish reasons – they are the “help meet”.

Women seriously need to understand why they chose to marry “him.” You shouldn't just marry a man because he's socially acceptable and financially able to take care of you (although those are great characteristics), believe it or not, it's not his responsibility (or ingredients for a 'happy' marriage) to make you happy (and vice versa.) If you aren't already happy, you're in for a turbulent ride!

Couples aren't taking the time to really “get to know each other.” Some people only get married for financial reasons, sexually compatibility, children born out of wedlock, physical appearance and because they just want to be married. UGH!

Consider the following:

- Are you spirituality compatible?
- Do you sincerely like each other (like going to the same places together, respect each others family, not intimidated of each other, capable of making sound financial decisions together and have similar goals?)
- Have you talked about what marriage means when it concerns the two of you?
- Do you truly understand the vows you're making before God?
- Are you truly willing to be there for the good and the bad?
- Are you willing to go through pre-marital counseling with your Minister?

I've heard so many people say when their marriage is in trouble, “God doesn't favor divorce.” Well no, He doesn't BUT – do you understand the vows when the minister says, “what God hath put together, let not man put asunder?” In other words, did you both pray about this separately and together before making the decision to get married? Did God give His stamp of approval on this beforehand? I personally think if the two of you didn't ask God in the first place whether or not He put it together, at some point, you're going to have to ask Him to help you get through it – as a matter of fact, it's quite likely you're going to have to ask Him that quite often EVEN if He did.

You are not always going to agree on everything. I encourage couples to learn how to humble themselves to agree to disagree. It's never too late to get your marriage in order.

It's so much more than just planning a wedding and showing up at the alter in front of family and friends for appearance wise. Marriage takes work but it's not as complicated as we make it sometimes. As long as both parties are willing to work together for a fruitful and long relationship, it can be the most beautiful relationship in the world!



Ready to read the ENTIRE BOOK? [Click here](#)  
or go to: <https://www.createspace.com/4088859>

## ABOUT THE AUTHOR

Regina Baker, known as the “Keeping It Real” certified biblical, internet & network marketing business consultant, knows what it’s like to really “let go and let God.”

***“Life is REALLY like a box of chocolates, you never know what you’re gonna get.”***

When faced with the devastating news of her late husband’s diagnosis, terminal cancer, Regina sought out for the real understanding of how faith and letting go and let God would help her through the difficult times ahead.

### **Pray and Listen**

“Cause me to hear Your loving-kindness in the morning, for You do I lean and in You do I trust. Cause me to know the way wherein I should walk, for I lift up my inner self to you.” Psalm 141:8

Baker says, “it’s only when you deeply seek God for spiritual understanding, that you’ll ever be blessed with knowing that the battle really isn’t yours, and that by surrendering everything over to God is as simple as making a sincere decision to do just that.”

While the journey wasn’t an easy one, it was the best time of her life. She formed a relationship with Jesus Christ, studied the word on a daily basis and received a “peace that surpasseth ALL worldly understanding.”

Baker says, *“God holds us accountable to His revelation (understanding of His word). As believers, it is our responsibility to seek Him for guidance, for understanding and then believe that He will do as He says.”* Letting Go and Let God is not as complicated as we try to make it.

After a two year journey and going through the process, and becoming a Certified Biblical Consultant, Regina enjoys helping others to get past their pain to their power.

In all your getting... GET understanding!

**To contact Regina**, email: [regina@howtoletgoandletgod.com](mailto:regina@howtoletgoandletgod.com) or visit: [www.howtoletgoandletgod.com](http://www.howtoletgoandletgod.com)

Stay tuned for more series regarding How To Let Go and Let God!

**Have a testimony you want to share of Letting Go and Let God?**

email: [howtoletgoletgod@gmail.com](mailto:howtoletgoletgod@gmail.com)

## **RECOMMENDED RESOURCES**

**Bride and Groom Money Talk**

[www.brideandgroommoneytalk.com](http://www.brideandgroommoneytalk.com)

**What Does a REAL Man Look Like?**

[www.WhatDoesARealManLookLike.com](http://www.WhatDoesARealManLookLike.com)

**So He Cheated, Now What?**

[www.sohetheated.com](http://www.sohetheated.com)

**The Ten Commandments of Marriage**

[www.hitchedmag.com/10commandments.php](http://www.hitchedmag.com/10commandments.php)

**Approval Addiction: Overcoming Your Need to Please Everyone** – Amazon.com

**You Have Permission to Succeed**

[www.thePermissionToSucceed.com](http://www.thePermissionToSucceed.com)