

Is there someone whom you have viewed as an enemy or has caused a hurtful event in your life to which you hold unforgiveness?

Take time right now to call, or write a letter if they are no longer here or the situation is dangerous, forgiving the one who hurt you. Remember that forgiving is not the same as condoning!

Living In Freedom

Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. Isaiah 40:31

No one is immune to the hard turbulent spots along life's path. There are several times when we find ourselves blindsided from unexpected events, often times completely out of our control, which stop us from advancing emotionally, keeping us in constant replay of that event with no hope of escaping. How then are we to ever truly move past the traumatic events of our lives to live in the light and fullness of who we were created to be? How many of us have forfeited part of our destiny because we were unable to free ourselves and move past the hurt of the event? There is a way to be completely free of the paralyzing pain and emotional wounds, so hold onto to the hope and promise that you were set free and you shall surely live free.

Sometimes from our own decisions, other times from choices outside of our control, an event occurs which emotionally throws us to the bottom of a deep, dark, entrapping pit. When we find ourselves in the pit, barely able to breath, let alone think or feel rationally, we have a choice to make: stay in this place of distress or begin to climb out. Slowly but surely, we make our way out of the pit, however, we did not come out alone; we made sure to strap the emotions and memories of the event to our back and carry them out with us. As we try to attempt a run at normalcy, we have the constant reminder of what happened holding us down to barely getting by rather than experiencing the joy of flying in freedom; where we are meant to be.

As time passes and we begin to heal a little more, perhaps we can begin to see the event in a new light. Perhaps we can set our burden down from time to time in order to catch a short respite from our pain before, once again, picking it back up to carry. There will come a point when we are tired of the crushing weight of the event, make a decision to forgive, laying that burden down once and for all, and walk away from it. At this point we begin to fly in freedom, no longer weighed down, and for the first time in what seems like forever, we experience joy. Though flying, the event still calls to you from below and reminds you of the hurt, pain, loss and injustice, to which you quickly experience once again, in all too real total memory recall. You remind yourself that you are free, however, the harder you try to distance yourself from that