



Today's News

Past Hurts and Past Accomplishments

We all are guilty of rehashing past hurts. The songs we hear contain much of this as another "Somebody done somebody wrong" is composed by a number of pop and country song writers. It is a human proclivity to look back with self pity and anger, stirring up strife and mixed emotions in the heart and mind. Think of it! Not only do we experience this unpleasant episode the first time, but it is repeated scores of times there ever after churning the emotions, upsetting relationships, becoming more bitter, and the whole body and mind becomes unbalanced!

If this is you, think about this: how can you change the past? It happened! Nothing you can do can change what took place. That is why Christ tells us to forgive those who sin against us. He knows that forgiveness is the key to every hurt and heartache. He was despised and rejected, a man acquainted with sorrow and grief. He forgave all mankind because of his great love for them. He tells us to pray for our enemies and in doing so, we become concerned about them, and forgiveness puts us at peace. And don't forget to forgive yourself!

Instead of concentrating on past hurts, why not focus on past accomplishments? What happened in your past that truly made you happy? Why not rehearse that in your heart and mind? "Accentuate the Positive and Eliminate the Negative", as the songwriter so aptly put it.

God says he throws our sins in the sea of forgetfulness, and removes them as far as the east is from the west. The analogy of the windshield wiper is a good illustration; the rain being our sins, and the wiper continually working to swish them away.

God is a progressive God and moves ever forward. He says: "He that puts his hand to the plow, and looking back, is not fit for the kingdom of God!" Let's look to the glorious future and pray for God's kingdom to come!