

Tuesday, October 31, 2006

# Get Over It!

**Read Matthew 5:21-25**

**[Love] keeps no record of wrongs.** -1 Corinthians 13:5 (NIV)

MOM, get over it," spat out my 19-year-old daughter, heading toward the door.

I was angry - with her, with her attitude, with the present problem, and with 40 years' worth of other hurts and hatreds that had nothing to do with her. *Easy for her to say, I silently fumed. What does she know about 38 years of marriage, five children, this job, or anything else in my past?*

Just as I began to add another perceived slight to my long list I thought, *Maybe I can let this one go and then start releasing the others.* It occurred to me that when body, mind, heart, and soul are full of

anger and hurt, the presence and peace of God can be crowded out. It will not matter how many Bible studies I attend, how many church committees I serve on, how many Sunday school classes I teach, or how many turns I take as nursery attendant. None of that will matter if I allow hate and hurt to overwhelm my heart and soul.

I have learned that I need to shovel my hurts and hatred into a pile at God's feet and leave them there. I have to ask God's forgiveness for holding on to my hostility for so long and then forgive myself for not letting it go. Only then can I fully open up to the grace God wants to pour into me.

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### **Prayer**

Dear heavenly Father, thank you for your revelations and for your patience until we're ready to receive them. Please keep us wrapped in your loving arms and open to your abundant grace.

Amen.

**Thought for the day**

Keeping a record of wrongs weighs us down on our spiritual journey.

**Prayer Focus**

To let go of old hurts