

S.O.H.L.

(04/21/08)

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

Let It Go!

My brothers and sisters, are you holding on to negative patterns of behavior? Are you holding on to negative relationships that have a way of zapping you of your vitality and joy? Are you holding on to bad memories from the past that is rewinding, playing and rehearsing those painful memories from your childhood or adulthood? Are you holding on to anger, bitterness and resentment because someone who you thought had your best interest at heart for you and said they loved you, ended up hurting you? The more you try to free yourself, the greater the bondage becomes. My brothers and sisters, God has instructed me to tell you to **Let It Go!**

In **Genesis 27**, I discovered the hurt that Esau experienced because his brother Jacob had stolen his birth right blessing. This was his blood brother! It caused Esau to experience pain in his heart, a passion to kill his brother and to become an emotional prisoner in his own mind. Esau held on to this grudge or negative behavior for almost twenty years. Jacob on the other hand, was on the run because he knew how much his brother hated him. This lasted for almost twenty years, until in **chapter 33:3-4** you will discover that one forgave and the other said I'm sorry. A lot of precious time was wasted over the years and many of us are doing the same thing today because we refuse to **Let It Go!**

Now, I will be the first to say it isn't easy to just forgive someone who has hurt you, however; God teaches us that we must intelligently choose to forgive. For if we don't, we will never experience that abundant life that God wants us to have. One thing I have learned is this, to forgive another person; one must put down his or her pride and face the problem. Don't run from it, face it! Don't rationalize it, face it! Someone did you wrong or you did someone wrong, face it! Don't dodge it, face it! It did happen, face it! You did mess up, face it! You are hurting, face it! He or she left you, face it! You did get a divorce, face it!!!! Don't let your children, family or friends face your problems, you must face it yourself!

Now, you want closure but the person who hurt you is now dead. In last weeks meditation I instructed you to "Talk To God About It". Let the tears you cry stream down your face, but tell your Heavenly Father how you are feeling and how much you wish to **Let It Go!** He will bless you by removing the hurt, the hatred and the unclean heart!

God is telling me not to emotionalize this meditation, but to simply tell you to **Let It Go!**

SCRIPTURE READING

MATTHEW 11:29-30

THOUGHT FOR THE WEEK

Avoid truth decay by reading your bible.

April 1, 2008

