

## *Let Go of The Past*

We must let go of the past in order to get a Fresh Start in the present. An ancient poet-summed it up well; "leave not the mark of the pot on the ashes." A psychologist said it another way, "we will have a better present, when we give up all hope of a better past."

We spend an inordinate amount of time replaying old tapes. Tapes with messages like, "if only," "I should have," or "I ought." We would do well to follow the example of the catholic nun who placed this quote over her desk, "Today I refuse to should on myself"



Philip Parham reminds us in his meditations called *Letting God*, "We look back sometimes in anger and resentment. We nurse old hurts and rejections with thoughts of revenge. Such thoughts are recovery wreckers."

God tells us, "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland" (Isaiah 43: 18-19).

Paul Tourier states it succinctly in *A Place for You*, "Life and faith always insist on moving forward; and I cannot move forward without leaving something behind... To let go of what one is holding on to is no small matter... The trapeze artist must let go of the trapeze at the right moment, to hover for a moment in the void before catching hold on the other trapeze."

Let go. Turn loose. Move forward. As you do, remember, God wants you to have a Fresh Start today more than you want to have it.