



CREATING A NEW REALITY: NO TIME FOR THE PAST

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

Jesus answered, “I tell you, not seven times, but seventy-seven times.”

Matthew 18:21-22

Are you plagued by memories of a painful past – memories of being treated hurtfully? It’s hard to put those behind, but I wonder if Jesus could be an example for us?

After the resurrection, forgetting how He had been hurt, Jesus carried on with what currently faced Him. All that was on His mind was preparing His disciples for when He would physically no longer be with them. Paying no attention to how these friends had abandoned Him as He was led to the cross, He gathered them together, and proceeded to give them instructions on how to go out and take His message to the world. There was no time or reason to think of what was past.

Do you find it hard to live in the present when traumatic memories haunt you? Do you find it hard to forget the past and carry on as normal? God understands and offers compassion.

But God also offers hope.

Neurological understanding explains how a traumatized brain can change when the mind, body and emotions experience life that includes healthy change and security. When this—what could be considered a new reality—takes the place of the old, traumatic memories can start fading away. Healing becomes possible.

The very act of focusing on something new and promising will make a difference. We will not think so much about the past. It can happen when more positive thoughts fill our minds, when more engaging activities fill our time, when we forgive those who hurt us and work towards reconciliation.

Believe it or not, good can come from our pain. God can use our pain and transform us to better serve His purposes. Did you know that suffering leads to new God-given strength? As Jesus told the apostle Paul, *“My grace is sufficient for you, for my power is made perfect in weakness.”* (2 Cor 12:9)

What is your reality? The present or the past? The new or the old? What kind of new reality could God help you pursue – one that would help your painful past fade away? There’s no time or reason to think of what’s in the past.

What does God have waiting for you?

marja