



## **DON'T LIMP THROUGH THE YEAR !** -- *You can heal from your past wounds.*

Unfortunately, some people have endured immense hardship in their lives and carry the pain with them. Past trauma can influence our thoughts, attitudes, words, actions and relationships with others for a long time.

Rather than healing their past wounds, some people tend to make excuses and feel sorry for themselves, saying: "I can't help it, it's not my fault, I'm a victim. I come from a dysfunctional family, I was abused, so

that's why I have all these problems today!"

In our modern society, people have been conditioned to believe that their problems are always someone else's fault: their parents, spouse, education, employer or even the government, resulting in individuals' refusal to take responsibility for their own lives.

Some people even find comfort in telling themselves that their distress is not their fault, but is instead the result of the actions of others. While this may provide temporary relief, it also traps them in the role of victim.

Although this attitude is understandable, it keeps people trapped in the past, sometimes for years, preventing them from taking charge of their own healing and moving towards a more peaceful and happier future.

*Because you cannot become a winner if you maintain a victim mentality.*

But remember that you were created in God's image. He loves you deeply and wants you to be free and happy. In Jeremiah 29:11, He declares to you: *'For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.'*

You don't have to limp through life carrying this heavy burden. You can heal from your past.

Indeed, it is true that many events in our lives are beyond our control, But how you respond to these challenges is entirely up to you. You are not condemned to stay in this difficult situation. You have the power to choose, and that choice is entirely yours. Taking control of your life is the first step towards a better future.

TRUE FREEDOM begins when we forgive, knowing that God sees all things and is a just Judge. This is the essential key that empowers us to take back control of our destiny.

No matter how deep the wound, how horrible the treason, how intense the pain, you can overcome. That hurt was a moment in time. Now is the time to rewrite the story of your life. Do not stay where you are.

Look to the future and focus on the opportunities available to you. Set yourself new goals and re-evaluate your priorities. Although the road ahead may seem long and daunting, remember that each step brings you closer to a better, more fulfilling life.

Stop letting past hurts destroy your present and dictate your future. As we enter this new year, leave the weight of the past behind you and move forward with faith. If you walk with God, your best days are yet to come.