

A River of Hurt Feelings

Imagine that you are standing on the bank of a swollen river. As you stare at the rapid flowing water, the ground beneath your feet gives way, throwing you off balance and you fall into the fast water current that sweeps you away. This is what it may feel like when the words or actions of a friend or family member drown you and carry you away in a current of cruelty. You are vulnerable, in danger, and not in control.

But as you struggle against the rapids, something drops from the sky above you. It's a rope descending from a helicopter dangling in front of you. You grab it, and your pulled to safety. When a river of hurt feelings carries you away, forgiveness is the rope you grab that give you control over the situation. Relationships can be like a raging river. Nobody likes to be out of control. But it's tempting to carry a grudge, especially when you are the victim of circumstance. But holding onto bitterness only hurts the one holding on.

You didn't control the circumstance when you were hurt, but you do control the choice that leads to your healing. Forgiveness doesn't mean you forget the offense. It doesn't mean the hurtful action was okay. It simply means you choose to begin the process of letting it go. If you seek it, God will help you begin the process of forgiveness and when you do, you gain control over the river of hurt feelings that come your way!!

together through prayer and service,

Deacon Mike