Time does not heal all wounds, God does!

I have often heard it said that time heals all wounds. My
experience is that that is false. Time has never healed any
of my wounds, and as much as I would like to think it has healing
wounds on others that I have inflicted, I am sure time has not
done it.

Ignore it and it will go away. Bah! Only in facing what causes
us pain and bringing it to God in prayer can we hope to be healed
so if you are feeling pain over something, or a lot of somethings
infrom the past, stop, go to god and get healed.

Plan a day to be alone with God, unplug the phone (or turn it
off) and shut down the computer. Get out some paper and pencils,
maybe old photo's to act as reminders and get serious in prayer.

People sometimes tell us we need to repent of OUR part in things,
and we do, but lets leave that off for a minute get real with
God. Your pain matters! Tell Him, I HURT, memories cause pain
and I am sick of it. Please heal me! Then begin to think of
your part, confess and forgive and TRUST God, thanking him for
his healing.

Wellness very seldom just happens. It takes work to get, be
, and stay well, whether it be physical, emotional, or spiritual
health and wellness.

God bless you on your journey to whloeness and wellbeing.

Stay Sober!!!   :)

russ