

The 8th Day Message

DECEMBER, 2009

LOOKING BACK

Who of us, hasn't looked back into a day or a year in our lives? This is something that we do all the time, and some spend their lives looking back, wishing that they could change some of the events that have occurred in their lives! I have heard it said that you cannot move forward in your life if you live your life *staring* into the rear view mirror of life constantly! If you cannot drive a car by staring into the rear view mirror, how then can we live a decent life by staring behind ourselves all of the time?

Looking back can sometimes be helpful. We can look back into things that we may have done, and perhaps find better ways to do things, or handle things in our current lives, and in the future. These can be "lessons well learned." Then, there's times when looking back can be fun. We can pick out the fun times we've had in previous relationships, or with friends and family. Looking back can also bring us great joy when we recall beautiful moments in time; the birth of a baby, being rewarded for a job well done, meeting friends or family we haven't seen in many years, or the beginning of a beautiful relationship! Looking back can fill us with a sense of pride; seeing our child graduate from some level of education, receiving our degree, receiving accolades for achieving something worthwhile for your community.

However, looking back can also bring us emotional pain; remembering something we did that we might be ashamed of, or remembering something negative that was done to us, an untimely death of a child, a parent, a friend or a loved one, being discriminated against because of age, gender, color, or ethnicity, sexual preference, or even being a single mother, can all hold very painful memories for us.

But we must ask ourselves this question, "What will I do with the memories that now bind me?" Will you allow past memories—no matter how they make you feel—to control how you live today, and tomorrow? Can you live on yesterday's successes or failures? It's true to say that so many of the decisions we make—good or bad ones—can affect how we live today, to some extent, but looking back shouldn't be *a way of life*! If it is a way of life, then you may be suffering from depression! Check yourself. The experiences we go through should become stepping stones in our lives not stumbling blocks. What have your memories become for you? I truly hope that for you, they have become steps that lead you to your good and *not* stones that block your way. I also hope that looking back on 2009 is a good experience that will continue for you into 2010, which for many of us will be an important year. May Creator-God bless you, prosper you, and bring you peace in the coming New Year.