



Getting Over the Past

Can I recover from the past, biblical answers to this difficult question.

By Jay Allbright

- The first thing you need to understand is that letting go of the past is not the same as forgetting or denying the past. Remember, your past serves as an important guiding light, showing you what can be done and what cannot. Also, it is often the traumatic events that make us the person that we eventually become. Remember what Romans 8: says. **Romans 8:28-29** *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.”* This doesn’t mean that all things work out the way we want them to or the way we planned but it does mean that God takes those challenging times and uses them to conform or transform us into his image. If we could see the end result of God’s using those things it would certainly be less painful but then faith would be necessary.
- To get over the past, you need to first come out of the denial stage. Carrying the old baggage of sorrow and hurt can be extremely depressing and disappointing. There are many people, who, in the first place, do not want to believe that the past is haunting them. They think it to be a myth or a falsification. If you are one of them, the first step would be to come out of the denial stage and accept the fact that you need to get over the past. One of the ways that abusive people control their victims is by cementing themselves into the thought processes of their victims. They do this by making their victim feel that they can’t live without them or making them fear that they will return to get even. You cannot live your life in fear but you should take necessary precautions for the safety of yourself and your children. The best way to do this is to notify law enforcement agencies of the threat and then surround yourself, with friends and family, those who genuinely have your best interest at heart. **Hebrews 12:1** *“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,”*. You can’t lay a weight aside until you realize it is a weight.
- Now that you have come to terms with the situation, know that you cannot change the past. Most of us often wish to go back and undo the past. You need to understand that you cannot alter what has already happened. All you can do is change your perception about things i.e. the way you think and feel about them. When you study the life of Christ you quickly notice that he spent most of his time taking those with a soiled past and restoring them to a right relationship with himself. Many ministries were born from past failures. One of the best ways to recover from the past is to help someone else who is fighting the same battle. Sometimes searching the scripture to find help for others opens your eyes to passages that will help you.
- ‘Time is the best healer’. Give yourself time and watch how things just fade off from your life. In this fast-paced lifestyle, almost none of us give our mind and heart any time - result: the rebound which we enter into makes us feel even more distressed. Once enough time has passed a new relationship can be established. The length of time required will be different for each person. The first priority is your relationship with God. No relationship should be considered until you have a right relationship with God. At this point you will be sensitive to Gods leading in a relationship.

- ‘Move on’ should be the mantra of your life. Do not feel victimized by your past. Instead of falling prey to self-pity and living your life in misery, learn from the past experience and emerge as a stronger person. This will help you face the future and also add a different shade to your personality.
- People who have been wronged or abused usually enter the stage where they lose self-confidence and self-acceptance. In case you are also going through an all-time low, divert your mind to your positive qualities. Think of all the good things that you possess. It will make you feel better and more quickly overcome the ruins of the past. Usually the most difficult time is when the sun goes down and you are alone attempting to sleep. It is at this time that the mind dwells on the negative. God understands this and gives us the method for coping. When you are not consciously thinking positive thoughts your mind will always gravitate to the negative. This is why God gives us **Philippians 4:8** “*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any virtue, and if there be any praise, **think on these things**..”.* When you are thinking right thoughts on purpose, you don’t have time to think wrong things by accident. Every night before you go to bed, spend time in scripture, reading passages that encourage your heart. It will have an effect on your thoughts and will help to control the things your mind drifts to while you are sleeping.
- Did you know that intrapersonal conversation can solve many problems? Talk to yourself and listen to your inner voice. Keep telling yourself that you are a strong person and not someone who gets bogged down by painful memories. Spend much time in prayer and listen carefully to the Holy Spirit speaking to your heart.
- For those who are generally quiet about their feelings and bury them in their heart, getting over the past can be very difficult. You need to give a vent to your feelings and find someone to vent to, or else you are sure to be trapped by the monsters of **depression**. Sharing would lighten the burden of your heart and make you feel light. Who knows, by saying it out loud to a genuine friend, you might be able to get over the painful past more quickly than you imagined?
- It is very important to re-examine yourself once in a while, this helps keep a check on yourself and your relationship with God. In the process; you definitely become a better person.