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## God can set you free

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I had a humiliating experience some years ago. Well, I've probably had several. But this one stuck with me. I'd go over and over it and feel the same emotional trauma again. I wanted to be free. I prayed. I forgave the person. I tried to block out the situation and forget it. I tried to forgive myself. I'd certainly moved on. But the memory and emotional pain lingered.

Then one day I just had enough. I wanted to be free once and for all, and to let this thing go completely. And so, I prayed again. And as I prayed, the thought from God came to me "are you really willing to never think of this again?" Was I willing to never feel self-justified, or that I'd been treated unfairly and injured? Was I really willing to stop feeling like a victim? And the answer was "yes!" I was so ready to permanently put this experience behind me. And that's how I responded to God. And do you know, 10 minutes later it was gone. And it's remained gone.

Do you want to let go of the past? Are you ready to stop feeling that you were ever a victim? Then you can turn to God and ask God to be free, to never think of this again, to never feel that again, and God will do it. God will set you free. You are free, spiritually. And God will set you free, humanly.