

Embracing Life When God Is Doing A New Thing

When God is doing a new thing in your life, it can be exciting and scary. Here are a few tips to keep in mind as you begin this journey...

Let Go Of The Past

Ask God's forgiveness. If there's unconfessed sin in your heart, take it to Jesus. 1 John 1:9 says, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Give the gift of forgiveness. If there's someone you've refused to forgive in your life, now's the time to let go and begin healing.

Do a relationship inventory. Who are you close to? Who do you want to grow closer to in the coming weeks? How could you make that happen?

Release things that hold you hostage. Does that sewing machine remind you of your grandmother and her cruel words? Does that vase bring up painful memories of your ex-spouse? Don't be afraid to get rid of things that remind you of past hurts.

Cry it out. If you're suffering from past hurts and trauma, don't feel like you have to be stoic in the face of it. It's OK to take time to grieve or express sorrow. In Biblical times, this was called a "lament."

Be willing to accept the unresolved. We don't always get to see how everything plays out. Trust that God is working on the situation and accept that things might remain unresolved for a while longer.

Seek help. If you're having trouble letting go of your past and feel you need more support, look for a Christian counselor to talk with or go to a trusted pastor.

Embrace The Beautiful Now

Choose a creative hobby. Releasing the emotions that a new change brings is important, and art can be an excellent way to cope.

Pay attention. Instead of drifting through life on autopilot, take a few minutes to slow down and engage your five senses.

Thank God. Make a list and start thanking God out loud for the blessings He's poured into your life and continues to give you.

Invite God into the messy. You don't have to have it all together before God will help you. He's just waiting for your invitation.

Accept your feelings. Emotions are a beautiful gift from God. It's true that you don't have to act on your feelings, but it's equally true that you shouldn't stifle them either. Accept what you're feeling without judging yourself.

Don't play "what if?" games. It does no good to worry about what may or may not happen. Instead, rely on your faith during moments of uncertainty.

Be gentle with yourself. When you're walking through a new beginning, there will be moments you feel overwhelmed. Understand that life is a little uncertain now, but God is still working on your behalf.

Lean Into Your Faith

Listen for God's voice. Is He telling you to do something? Is He nudging your heart to reach out to someone else?

Make time with Him a priority. Take a few moments to spend with God every day in the form of Bible reading and prayer.

Meditate on His faithfulness. What has God brought you through? How has God provided for you in the past?

Sing a song of praise. Turn on the Christian radio, lift your hands, and praise God. There's something precious about praise that comes when you're standing in the middle of your miracle.

Get an accountability partner. If your "new thing" involves overcoming a habitual sin or dealing with painful memories, find someone who can support you during moments of temptation and trauma.

Tell others about what God is doing. You don't have to wait until you have a Hallmark ending to your story before you can begin bragging on God. Go ahead and talk to those around you about what God is doing in your life!

Be patient. God is writing a beautiful story for you. Just because you can't understand the latest chapter doesn't mean God doesn't know what He's doing. He already has the perfect ending planned for you!

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