



Stop Pretending It Never Happened

And he wept so loudly that the Egyptians heard him, and Pharaoh's household heard about it. — Genesis 45:2

In order to move forward, heal, and grow, we must first be willing to face the truth.

Healing begins with acknowledgment.

When it comes to painful events, trauma, abuse, betrayal, rejection, or deep offense, we must admit that it happened and that it left a mark. Ignoring a wound does not heal it. Pretending it doesn't hurt does not make the pain disappear.

Yet many of us spend years doing exactly that.

Some carry childhood wounds into adulthood because they never truly dealt with them. Sometimes it isn't entirely our fault. We learned early on to suppress our pain. We heard things like, "You shouldn't let that bother you," "Just get over it," or "That happened so long ago." So we tried.

We smiled.

We performed.

We achieved.

We added title after title to our lives.

Parent. Spouse. Pastor. Leader. Business owner. Ministry worker.

We convinced ourselves that because we had moved on, we must be healed.

But moving on is not always the same as healing.

Years pass. Responsibilities grow. People begin looking up to us. We tell ourselves, "I can't let this bother me anymore," or "I can't show weakness now." We become experts at hiding our brokenness.

Meanwhile, the hidden pain begins to surface in other ways.

Depression.

Anxiety.

Anger.

High blood pressure.

Sleepless nights.

Trust issues.

Emotional numbness.

Why?

Because what is buried alive never stays buried forever.

The pain you refuse to acknowledge will eventually demand your attention.

You have pretended for so long that it didn't hurt.

Pretended it had no effect on you.

Pretended what happened years ago could not possibly still be affecting you today.

But God is saying, "Stop pretending."

You cannot surrender what you refuse to acknowledge.

You cannot heal from what you continually deny.

You cannot forgive what you refuse to admit wounded you.

Think about Joseph.

His brothers hated him. They betrayed him. They stripped him of his robe, threw him into a pit, and sold him into slavery. He was separated from his father, falsely accused, imprisoned, and robbed of years of his life.

Yet God remained with him.

God elevated him.

God blessed him.

God used him.

But God's blessings did not erase Joseph's memories.

Years later, Joseph came face-to-face with the very brothers who had wounded him. The pain he had not confronted for years suddenly stood right in front of him.

He could no longer avoid it.

He could no longer push it aside.

He could no longer pretend it never happened.

In Genesis 45, Joseph broke.

The Bible says he wept so loudly that the Egyptians heard him and Pharaoh's household heard about it.

This wasn't weakness.

This was release.

This was years of pain, betrayal, grief, and loss finally coming to the surface.

**Joseph's tears were not evidence that he lacked faith.
They were evidence that he was finally allowing God access to places he
had carried for years.**

Only after facing the pain was Joseph able to fully forgive.

Only after acknowledging the wound was he able to reconcile.

Only after confronting the hurt was he able to see God's hand in it all.

Many people want Joseph's forgiveness without Joseph's honesty.

But healing requires both.

Stop pretending.

Stop minimizing what happened.

Stop telling yourself it wasn't that bad.

Stop carrying burdens God never intended for you to carry alone.

Bring it before the Lord.

Let the Holy Spirit reveal the places that still need healing.

Allow yourself to grieve.

Allow yourself to process.

Allow God to walk you through forgiveness.

Because what the enemy meant for evil, God can still use for good.

Your pain is not wasted.

Your tears are not forgotten.

Your story is not over.

Healing begins the moment you stop pretending and start surrendering.

Prayer

Father, give me the courage to stop pretending. Help me to face the wounds I have hidden, denied, or buried for years. Reveal the places in my heart that still need Your healing touch. Teach me that acknowledging my pain is not weakness but a step toward freedom. Help me forgive those who hurt me, not because what they did was acceptable, but because I refuse to remain bound by it. Thank You for being near to the brokenhearted and for turning what was meant for evil into something good for Your glory. In Jesus' name, Amen.

Reflection:

You don't have to pretend to be healed for God to heal you. He already knows where it hurts. The question is: Are you willing to let Him touch it?

Be blessed everyone!

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