



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 all cases, to move forward, to heal, to get better, we must admit or face something.

In healing from a painful event, trauma, abuse, or offense, we have to acknowledge that it happened, and it had a lasting effect.

Some of us will bring our childhood hurt to our adult lives because we simply will not deal with it. At times, this may not even be entirely our fault when we try to please others and appear better than we are.

Somewhere along the way, we may have been told, "Oh, you shouldn't let that bother you" or "You need to just forget about it." We then try to add on layers to our lives attempting to show that we have done just that- forgotten about it. When in all honesty, we haven't done that at all.

We go on. Time passes by. We gain new titles in life. We start to think, "Oh I can't let this bother me now or I can't show any weakness, pain, or emotion because I have others looking at me." Since we are this and that, we do not want to accept brokenness. Suddenly, we are in deep depression, anxiety, we have high blood pressure, or we can't sleep at night and why?

You have pretended so long that it did not hurt you. You pretended like it had no effect on you. You pretend that what was done to you in the past cannot affect you now. Stop pretending.

You cannot forgive something you choose not to admit. Think about the story of Joseph and his brothers. They hated him. They betrayed him and sold him into slavery in his youth. He was imprisoned. He lost so many years- however, God turned it around. Several years later, Joseph had to face the very ones that hurt him. That which he did not have to deal with for years was now before him to face it. He could no longer pretend that it did not happen.

Moreover, in Gen.45, we see that this was Joseph's second time filled with emotion but this time, he wept so loudly that households heard him. He could no longer pretend that he was not affected.

Once Joseph was able to stop pretending and face the betrayal head on after years and years, he was then able to forgive and reconcile with his family.

Stop pretending. Go through the process and ask the Holy Spirit to help you to forgive. Realize that what was meant for bad, God turned it for good.

Broken
Hearts
Revived

Be blessed everyone!

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