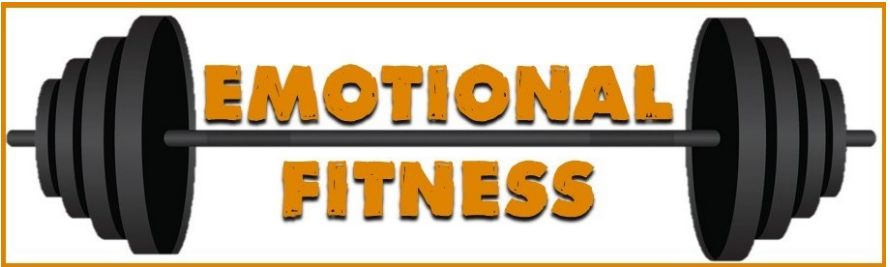


Emotional Fitness

Part 2: Letting Go of the Past



Emotional Fitness

Three Positive Affirmations

1. I will take what God has given me and

You may have deep scars from emotional wounds, but don't let your past determine your future.

You can't do anything about what happened to you, but you can choose how you will face what's in front of you.

You will never be truly happy as long as you wallow in self-pity, feeling sorry for yourself.

Maybe life hasn't dealt you a fair hand – but only you can decide how you will play that hand that you've been dealt!

2. I will change the channel and start focusing

Learn to mentally change channels when negative images of the past pop up in your mind.

Emotions follow thoughts. When you dwell on painful events from your past, your emotions go right back there, and you feel the pain in the present.

Every person has two main files in his or her memory system. Which are you wearing out?

3. I will get up and _____

Consider the man who lay on the ground for 38 years, waiting for a miracle. How did Jesus respond? (John 5:1-9)

God's question to you: "Do you want to get better, or do you want to continue to lie around feeling sorry for yourself?" (John 5:6)

God's advice to you: "Get up and get moving! No more lying around feeling sorry for yourself." (John 5:8)