

The Grave (The Past) Can't Stop Me

All through life even as a child we learn that graves are common; they're often a sacred place serving as a permanent marked resting places serving as a focal point for mourning and honoring our deceased. However, burying our deceased aren't the only graves that's meaningful to us. Graves come from a variety of situations, circumstances and life experiences such as the results of death, loss, and pain; that causes us grief and mourning. The loss of any kind can be challenging, like the loss of relationships, health, a pet's death, losing a childhood home, a miscarriage, abortion, betrayal, a divorce, etc.

In loss and death we find graves needful, because graves are the place where our treasures have been buried, where our pain from past hurts and bad memories are hidden, where prized possessions lie, such as failed hopes, lost dreams, unfilled goals, vain aspirations, uninspired inspirations; incomplete books, unwritten songs, hopeless visions, and every deep and dark secret; have been lost and buried in our past! As children of God, we cannot allow the losses from our past to dictate, delay, or no longer destroy our present or future dreams, goals, visions, etc., below are some meditations to help you have victory over your past!

First, know that grief and hope can coexist. The hope we have in Christ helps us move forward through grief. Jesus "He is despised and rejected of men; a man of sorrows and acquainted with grief" (**Isaiah 53:3**); **Psalm 34:18** says that "the LORD is close to the brokenhearted and saves those who are crushed in spirit." So not only does God know rejection, sorrow, and grief, but he's present to deliver us in and from it all!

Second, learn how to grieve healthy, so you don't remain a victim and become an offender by allowing your losses to negatively impact every part and every person of your life! Don't pretend it didn't happen, overcome your grief by releasing it and sharing it! "And they overcame him by the blood of the Lamb, and by the **word of their testimony**; and they loved not their lives unto the death." (**Rev 12:11**); "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." (**Ephesians 4:29**)

Third, overcoming your grief (your past) is connected to what we hold dear and by forgetting that which doesn't edify God, you, or others! "**Forgetting** those things behind me I **press toward** the mark...." (**Phil. 3:12-14**). Learn how to let go of past hurts, pains, and even people through forgiveness.

Fourth, conquering your grief (your past) by being mindful of what you allow your mind to ponder, think, and to long for; consider these principles: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there

be any praise, **think on these things.**" (Phil 4:8 {vs 7-9}) knowing that "And the peace of God, which transcends all understanding, **will guard your hearts and your minds** in Christ Jesus." (Phil 4:7)

Fifth and finally, overcome your grief (your past) by applying God's recipe to have victory over heaviness and mourning of past losses! "To appoint unto them that mourn in Zion, to give unto them beauty for ashes, **the oil of joy for mourning**, the **garment of praise for the spirit of heaviness**, that they might be called trees of righteousness, the planting of the Lord, **that He might be glorified.**" (Isaiah 61:3). Seek God's face to know and learn how and why all things works out for your good, and your past will become your footstool!

As you overcome and conqueror your past, I pray that you proclaim the words of the Psalmist (**Ps 19:14**) Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.