

Breaking Free

**3 Keys to Letting Go
of the Past**



**WRITTEN BY
MARSHA LEHMAN**

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Hi! I'm Marsha, Although I was born with Spina Bifida, it's what I have not who I am. I strive to be who God created me to be and do what he has called me to do, "*Physically Disable, Spiritually Able.*" My focus is on healing, and letting go of negative mindsets. The Lord has blessed me with a prison ministry called Hope Outreach. I couldn't have moved into this ministry if I hadn't gotten some emotional healing first. My focus is to help others get the same healing I got so they can let go of the past and move into their future.

I have a blog God's Love, My Life. godslovemylife.com In it I share my life and some Scriptures. I also have free printables and valuable information about Spina Bifida.

I wrote this book to help others let go of the pain from the past so they can move in to what God has for them. I truly believe God can and will use anyone who is willing.

*Now to him who is able to do
immeasurably, more than all we ask or
imagine, according to his power that is
at work within us,*

Ephesians 3:20

I hope this book helps you start the journey towards your destiny in Christ!

Introduction

Feel like you have things from the past that are holding you back from the future or affecting you currently in life? Then this book is for you. I want to help people who are stuck in the muck from the past like I was, let go and become who God created them to be.

The journey I want to take you on in this book is the one of my emotional healing. There are three main keys to letting go of the past.

I'm going to show you those keys and lay the groundwork for breaking free of what is holding you back from what God has for you.

Getting past the pain and forgiving the ones who hurt you isn't easy. It might take weeks, months or maybe longer. I promise, however long it takes, the result will be worth it.

In no way am I claiming to be a psychiatrist, psychologist or any other type of counselor or doctor. I am simply sharing with you the process God took me through to let go of the pain and move into what He has for me

Where the Wounds Come From

Relationships, or abuse- Growing up I felt like I was constantly being watched and every mistake was pointed out and made a big deal of. I felt like I couldn't do anything right or good enough. I was told "you're a brat, a selfish brat, not a nice person, you're mean," etc. I was also told I ask dumb questions. And that I would never make it through college. Being told I ask dumb questions was extremely hurtful.

Maybe you've heard similar things or were abused physically or sexually. You might have been told you weren't wanted. And your physical and emotional needs weren't met which has caused you to feel rejected and neglected. Or maybe you were belittled, degraded, and just not shown any respect. All these things are extremely painful and cause deep wounds.

Being an outcast- Having a disability, not having the latest style of clothes, or being poor can make you feel like you don't fit in. And cause you to have a poor self-image.

All these things can cause deep wounds and cause you to have negative mindsets. You must get past them and let

go of the pain. In the next chapter I will begin laying out the keys to letting go of the pain and beginning the journey to healing and forgiveness.

Key #1

Determine in your mind the past isn't going to affect your future anymore.

Like me you probably know the past is holding you back from your future. And have no idea how to get past it. I didn't either. And to be honest, it's very easy to play the victim. You *are* the victim, but you can't stay stuck in that kind of mindset.

You may be so hurt you just want to tell others all the horrible things that have been said and done to you. Or lash out at the person or persons that have hurt you or anyone really. As they say, "hurting people hurt people." Which is true but that's not the way to deal with it.

You might also be thinking that you grew up in a Christian home, and these things aren't supposed to happen in a "Christian family." But they did, and it feels like it's taboo to talk about it, because no one else seems to think it was wrong. When it's something you grew up with it can be hard to know if it was abuse or not because it seems "normal".

You might feel like it's all in your head or your imagination. Because, like I said earlier. These things aren't supposed to happen in "Christian families." Right?

That doesn't change the fact that it did happen, and you now have anger, bitterness, and resentment that needs healed.

Here's a list of examples of verbal and emotional abuse to help you determine if it's what you have or are experiencing.

Verbal Abuse:

- Belittling, such as name calling, negative remarks about achievements, personality, or appearance.
- Criticism overshadowing the positive achievements.
- Feelings or emotions are not validated.
- Guilt trips/Manipulation uses words against you.
- Silent Treatment
- Emotionally unavailable
- Overly Involved in your life
- Blames you for their problems
- Passive Aggressive Behavior
- Doesn't Apologize for their words or actions.
- Affection and Compliments are withheld
- Threatens Abuse
- Verbal Abuse

Emotional Abuse:

- Verbal Abuse
- Rejection

- Makes you doubt your thoughts and feelings
- Put Downs
- Causing Fear
- Isolation
- Financial Abuse
- Bullying/Intimidation

For some seeing a counselor and talking about what you've been through may be helpful and in some cases even necessary. I considered it, but just didn't feel like it was the right thing for me.

I believe if we have a desire to know something the Lord will provide an answer. I had a desire to get past all the pain and God provided the answer. The Bible says in Psalm 37:4 God will give us the desires of our heart.

Looking back, I realize part of the process began when I was 15 and I had a Youth Leader who encouraged me to ask questions. I finally saw asking questions wasn't a bad thing and if you don't ask you can't learn. Is there someone in your life that God has used or could use to help you get past some of those fears and mindsets you have or had?

Other than seeing that it was okay to ask questions not much changed in my life until years later.

I want you to take a moment to think back over your life and ask yourself if there were people or things that God used to start the process that maybe you didn't realize at the time. I have included pages at the end of this book for you to make a list.

Finally, years later the Lord sent a Pastor to my church and the process began. I realized I had to determine in my mind that I wasn't going to let those things from my past affect my future anymore. For me that meant I had to stop allowing what others say or think keep me from doing what I knew I should do. For you it may be letting go of a traumatic experience. Or forgiving someone that said something hurtful.

It's not easy and sometimes you have to remove yourself from the situation or people that have caused the pain to be able to let go and heal.

Making a list of those you need to forgive or the things you need to let go of might be helpful. At the end of this book, I have included pages for you to do that.

Key #2

It's not what God thinks!

All those horrible things that have been said and done to you were not what God wanted, they aren't what God thinks of you and you did **NOT** deserve them! That was a key point for me. I remember thinking "God doesn't think that of me?" I had always assumed that because people thought those things of me, God thought those things too. That's not the case, why would He? He created us! Psalm 139: 13-16 says:

*"For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the
earth.*

*Your eyes saw my unformed body;
all the days ordained for me were written in your
book
before one of them came to be."*

God thinks you are a wonderful person and He created you to carry out a special purpose here on earth. Again, no matter what's been said or done to you it wasn't your fault, you didn't deserve it. You *MUST* find a way to get past it.

I know you're probably thinking, "but, you don't know what I've been through." It doesn't matter, and by saying that I'm not saying no one cares, I'm saying regardless of what you've been through you must find a way to let it go.

You might feel like the ones who hurt you don't deserve your forgiveness. Or that forgiving them is like saying it never happened. Forgiveness doesn't change what's been done. Forgiveness is for you, not them. It sets you free and allows you to move on with your life.

Key #3

Giving it to God

This is probably the most difficult. You need to realize you did nothing to deserve those things and the ones who have hurt you are going to have to answer for it someday, not you.

The hardest part of giving it to God, is, you must allow yourself to feel it one last time as you are giving it to him. Then it's gone! And you're free!

Once you've let go of the pain there are some decisions that need to be made. Do you want to have a relationship with that person or persons? Do they want to have one with you?

You may find that you want to have one with them, but they may not want one with you or not in the way you desire. That's okay, God will put you in relationships with people who will meet your physical and emotional needs. Psalm 68:6 says,

“God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.”

At some point you may want to tell the person or persons that you have forgiven them. Don't get discouraged or

upset if they don't acknowledge what they've done. Remember forgiving them and letting go of the past is for you not them.

You may also be asking why, did God allow you to go through the things you have. The only answer I can give you is we all have a free will and although it wasn't what God wanted, He allowed it because if He forced us to do His will then we would just be robots doing what we're supposed to do.

Once I let go of the pain, He gave me a prison ministry. To some I may seem like the last person that would be called to a prison ministry. But I can relate to them in a lot of ways. Allow Him to use your past experiences to help others that have been through or are going through the same things.

Even though you've forgiven those who have hurt you and let go of the past you probably have some negative mindsets because of what you've been through. I had to realize that just because one person said or did something hurtful to me didn't mean everyone was going to.

Thank you for taking time to read my book. I also share this information in a blog post, you can access it here, <https://godslovemylife.com/becoming-who-god-created/>

I would love to hear from my readers. You can contact me at <mailto:Marsha@godslovemylife.com> with any questions or comments you may have.

Ways God has started the process.

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People I need to forgive, and things I need to let go.

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