

# Staying Stuck or Moving Forward With Hope

Have you ever felt like you've been stuck in the same place for so long it seems like you are circling the same mountain over and over again? I have. For years I wasted a lot of time stuck in the same place—blaming others, feeling sorry for myself, complaining and so on. I was miserable until I discovered the truth about the life I could have through my relationship with Christ.

I was in my late 30s when God opened my eyes to the truth in John 10:10 that I wasn't living the peaceful, joy-filled life Jesus died for me to have. I realized I had a very negative mindset because of the abuse I had experienced throughout my childhood.

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God showed me this was holding me back and keeping me from dealing with the areas of life He wanted to heal and restore. I was stuck in a mindset that said, "My future is based on my past and my present." But God wanted me to have a hopeful attitude, expecting something good to happen.

The Bible tells us in Isaiah 43:18-19 (NIV): "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

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Without a doubt, holding on to your past will keep you from looking ahead to your future. And sometimes it may even feel as though you are being pulled in two different directions because God is trying to pull you forward toward a new thing, and you're holding on to something behind you.

The Israelites did not want to let go of their past either. In fact, they stayed in the wilderness for 40 years because they compared everything to their past. They complained to Moses that they wanted to go back to Egypt and return to a life of slavery because that's what they knew. But the Lord wanted them to move forward to the promised land—a land flowing with milk and honey (Ex. 13:5). They just couldn't get past their past.

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