

Memories

Memories have a powerful influence over all of us. Pleasant memories are wonderful, but unpleasant memories can, sometimes, make us feel like we can barely cope to get through the day. If you struggle with an unpleasant memory of a single past event or maybe some chronic pattern of wrong behavior, you are not alone. And, most importantly, you have hope.

Most people, naturally, want bad memories to disappear. The world offers a menu of escapes to erase these memories. This, we know, is a temporary solution that can sometimes have unwanted consequences. Or, you can adopt an attitude of “I’m just going to put this behind me and move on with my life.” While this approach might sound attractive, it misses God’s greater goal for us which is making us look more like Christ. Don’t let the memory of your pain have more strength than the hope that you have in God’s deliverance.

If you or someone you care about is weighed down by unpleasant memories and needs someone to talk with, please contact us at The Church at Liberty Park:
libertypark.org/biblical-counseling

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