

A Prayer for You

From the article “Your Past Is Part of Your Story, Not the End of It”

Lord, You know the part of my story I don't tell people. You know what I did and what was done to me, and You have never looked away.

I'm tired of living as though that chapter is the whole book. I've asked for Your forgiveness — help me receive it. Not just understand it as a doctrine, but live like a woman who believes You meant it. Where I've been punishing myself long after You forgave me, set me free from that, too.

Thank You that there is no condemnation for me in Christ. Thank You that Your mercies are new every morning — not just the mornings I've earned. Thank You that You make ways in wilderness places, and that You are not embarrassed by where I've been.

Give me honesty about what needs to change. Show me the habits, the relationships, and the places that keep pulling me backwards, and give me courage to change what I can. Where I need help I can't give myself, lead me to good people and let me actually ask.

Help me look back long enough to learn and not a moment longer. Teach me to reach forward. Grow patience in me, because I want it all healed today and that's rarely how You work.

And one day, when it's healed enough, use it. Let my story help a woman who thinks she's too far gone. Nothing You redeem is wasted. In Jesus' name, amen.

Amen.

Scripture to sit with (KJV)

2 Corinthians 5:17

Philippians 3:13-14

Isaiah 43:18-19

Romans 8:1

Lamentations 3:22-23