

## **Start living yesterday**

When should you start living? I contend it should be yesterday! Over the years I have spent far too much time pondering what went wrong. Maybe know one else does but this guy has a degree in pondering. It all began with childhood dreams. I had parents that were far too busy destroying their marriage than making me see dreams. Everything I talked about was met with shrugs, silence, and criticism. What we ended up with is three boys that are a hot mess. That was yesterday's news.

Fast forward to my divorce. I most certainly was devastated with the best of them. Yet, three months in I had a good day. A day where the mirror wasn't all that terrifying. Where I felt a ton of pressure lift off my back. What changed? Was there an angel or a new love interest? Well, no it was time knocking on the door asking if I wanted to come out and play. I felt guilty for feeling good. I felt guilty because I was addicted to feeling bad. I suspect hope joined us outside that day. What really happened? I went for long walks. A ton of long walks. Inside I had always wanted to be loved. So, a fight broke out inside my soul. Was I condemned or saved?

For months I had spent far too much time in front of the mirror. Admiring my incredible physique! No, I was judge and jury of yesterday. What had I done wrong? How can I fix me? I was solely to blame. It's good to take a small look into the past and see patterns and choices. Nobody wants to burn their hands twice. Do we really want to be divorced twice? Yet, regrets about not going to university began to creep in. Thoughts about the wrong choice in a spouse and even who my parents were owned me. Around and around went the accusations and hair brained solutions to yesterday.

What does God have to say? A few things! Luke 9:62 *“Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”* This verse scares me. Actually, it should scare us all. Could it be that everyone who believes (or not) will be unfit for heaven if they look to the past? Does your yesterday define your future? In the Bible, God is all about the future. He is not interested in past lives and past sin. What He is interested in is what will you do today. With what you have been given? Given? Yes, your money, time, and talents. Who will you bless? What good actions will you do? Will you build this planet up or tear it down?

Yesterday is a life killer. I know! Imagine, for over 40 years I did not run in an outdoor race. All that time I spent dieting and eating. Yet, I love running. I enjoy working out. In my teens I always did. Why is there a 40-year gap then? It's just surviving today. It's saying I can't. It's letting the weight of regret and disappointment crush my hope. At 50, a light went on. What my parents think is theirs and not mine. God believes in me so that must mean something. It's taken time but recently I realized that God is still molding me. Then it hit me: He must be still interested. That shocked me!

My life is two halves'. The first 33 years was spent running from me. Believing all the lies about me. My Ex did me a massive favor by pushing me out of her life. I was forced to grow up. The next 23 years has been a journey of discovering me. There have been rungs. One step at a time I have gained more hope. Gained more confidence. Tomorrow I am running a race for the first time in 40 years. Yet, I don't look behind that and regret. Instead, I built a calendar of my future. I will be running more races. I will be on a cruise. I am planning workouts and books to read. Funny, my mirror is now one of my happy places.

Imagine being raped at 16. Who would? Yet, I know people who had some sort of terrible tragedy that happened years and years before. They say it still affects them 40 years later. We live on average 72 years. I know bad things affect us. Yet, will we let it destroy the rest of our short lives? We make a massive mistake at 18. At 60, are you still destroyed? I know, I know our first response is “you just don’t know the pain.” God says he will take pain away. How? Is it a kind word? Is it a soothing movie or book that inspired us? Those things will help. Yet, God says it’s yesterday. Leave yesterday behind. Throw it away and give it no importance. Why? Because it’s a dead body you can’t resurrect or change. Yesterday is done, finished, and gone. It’s time to let it go.

God has so many verses that choose hope. That lead to prosperity and second chances. Yet, we claim pain, hurt, and failure. Why? I hope for a good future! So, get on a treadmill. I want to succeed! So, sign up for a course. I have always wanted to travel. Book a flight. Read a book or don’t read a book? Take a walk or sit. The hard choice is being a victim of yesterday or a recipient of tomorrow. The hard truth is that you didn’t cause your pain, but you choose to live in it. Far too many people have overcome. So many people that your victimhood looks silly. People can overcome. They can make an amazing future. They chose to. Will you, or do you prefer yesterday?