

WISDOM JOURNAL

DAY 15

SUBJECT: Remember the hard times

I'm the last person who wants to remember the hard times. Personally, I prefer to dwell on the best times. However, the Bible says something different. The Bible says to **ENJOY** the good times but to **REMEMBER** the hard times.

As painful as my hard times were I choose to honor the Bible. Remembering my divorce makes me angry. Remembering my disability discourages me. Remembering my heartbreaks makes me sad. As I recall these situations it brings back painful memories but it also keeps me focused so I won't **REPEAT** the same mistakes.

**WHEN YOU REMEMBER PAINFUL TIMES YOU
WON'T REPEAT THEM.**

I realize why king Solomon said we should never forget hard times. When we forget hard times we will **REPEAT** them. I'm not telling you to meditate on them but you should do a weekly recap. Doing this will help you avoid repeating the foolish behavior that caused you to experience this in the first place.

Ecclesiastes 7:14 says, "When life is good enjoy it. But when life is hard, remember: God gives good times and hard times, and no one knows what tomorrow will bring."

TAKEAWAY: The hard times you choose to remember are the situations you will **NOT** repeat. If you want to move forward remember the bad things that happened to you so you can press toward the good things that's waiting on you.

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