

WISDOM JOURNAL

DAY 32

SUBJECT: GET OVER IT!

I hated hearing someone telling me to get over it. I use to consider this as offensive. When people told me to get over what I was dealing with I thought they had no compassion. I thought they were trying to be cruel and nasty. I was wrong.

Now, don't get me wrong. Some people tell you to get over it for the purpose of being cruel. However, when God **SENDS** someone into your life to deliver a message of this nature the purpose is **NOT** to be cruel.

Bad things will happen in your life. However, you must learn to **GET OVER IT!** There are some things you shouldn't grieve over. There are some things you shouldn't regret. There are some things you can't hold on to.

I had to learn this lesson the hard way. The best way to **MOVE FORWARD** is to learn how to **GET OVER** what is bothering you. I know this is easier said than done. In the process of getting over something you have to battle many challenges such as un-forgiveness, low self esteem, fear, etc. I've been there.

However, learning **NOT** to look behind you is the best **CURE** to moving forward faster. The Holy Spirit told me how to simply get over something. He said, "**LOOK AT WHAT IS IN FRONT OF YOU.**" What is in front of you is always better than what's behind you.

God took this same approach with the Prophet Samuel. 1st Samuel 16:1 says, *"The Lord said to Samuel, "How long will you continue to feel sorry for Saul? I have rejected him as king of Israel. Fill your container with olive oil and go. I am sending you to Jesse who lives in Bethlehem, because I have chosen one of his sons to be king."*

God told the Prophet Samuel to get over your grief. Look ahead. See what is in front you and start pursuing it.

Whatever is weighing you down and keeping you chained to your past, **GET OVER IT**. Move on to what is better and stop meditating on what is behind. Sometimes being **DIRECT** is the best medication for people who are stuck in their pain.

TAKEAWAY: When you learn to **GET OVER** what has you bound you will inherit your destiny faster.

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