

Deb Crowley, Peace Moment April 24, 2022

It took forty years to experience the “ah ha” moment that changed my focus and outlook on life. To say my childhood was dysfunctional doesn’t categorize it as unusual in today’s world. Sadly, very few people can say they had an idyllic “Leave it to Beaver” childhood. Never the less, as a child, oppression and abuse scars, creates deep wounds of inferiority, non-acceptance, “less than” understandings of oneself that carry into adulthood. That is, until a new story is created. In my case, bouts of depression mostly led to self-deprecation. As a child, I interpreted life messages as, “I’m not good enough,” “I’m ugly,” “There’s nothing special about me,” or “Maybe the world wouldn’t even know if I disappeared.” And, as an adult, a knowing in the head refuted these messages, but the heart was not convinced they were lies. Through the unconditional love of a church family and a mate whose love never wavered, soul searching and a need for healing became possible.

Then it happened. I read a self-help book that described how childhood soul injuries, particularly those suffered at the hands of parents, affect how we respond in adulthood. But the author went a step further and challenged readers with the question, “So what?!” So your parents messed up, weren’t perfect, and failed you. As an adult, you are in charge of your own destiny, can choose your own attitudes, can choose to believe in the lies, or grow into the truths that you are a valued child of God. The message was loud and clear—quit feeling sorry for yourself. Use your experiences as a learning tool and don’t repeat mistakes that diminish the worth of other souls. Get on with life. You aren’t perfect, but you have great value, you are loved beyond measure and the past cannot hurt you anymore.

This is the message of Easter! When we believe on Christ, leave our burdens and imperfections at the foot of the cross, we are freed from the past. We can move confidently in the future, learning from the past but not giving it the power to control our actions or attitudes. What freedom! What peace! And to think every single day is a new beginning. Praise be to God!

Prayer:

God of all creation, we can't thank you enough for life ahead of us. We find your peace within, around, behind, below, and above us. May we have the courage to share your love and peace with those in our world who need affirmation of your grace. All praise, glory and honor be Gods.

Amen