

## Low Down Dirty Shame

Philippians 3:13-14, Ephesians 4:22, Genesis 1:23

So many times we don't move forward in what God is calling us to be or to do. We seem to get stagnant in our move. I believe there a couple of reasons why we do move forward.

*One Reason—SELF:* We don't move ahead because of what we feel inside ourselves. A lot of us think we are not worthy to receive what we know we should have. We constantly find ourselves living in the past. Replaying in our minds how we messed up. 'That' thing may have happened years ago and yet we continue to hold that against ourselves. This feeling we have is called *shame*.

Webster dictionary describes *shame* as "a painful emotion caused by consciousness of guilt, shortcoming, or impropriety." This emotion keeps us from moving forward. When we accept the Lord as our personal Savior we become new creatures, old things have passed away. All what we did or did not do is gone! When God sees us, He does not see what we did, He sees what we can become.

We must change our way of thinking by casting down the thoughts of negativity. We must flood our minds with positive, uplifting thoughts. We must believe that we deserve the best. Shame will make you feel that you are all you will ever be, **WRONG!!!!** There is so much for you to do and become. There is no one on this earth that has your DNA. You are made for a specific purpose, so let go of that shame and push forward.

*Second Reason—PEOPLE:* Other people's problems and perspectives can keep us from moving forward.

God has a reward for you, but you have a job to do **FIRST**. Some of your family, friends and associates may not be able to travel this journey with you. Embrace the relationships that will go with you and release those that will not. Not everyone or everything is supposed to travel with you. Do not think it is bad when that relationship ends, **TIMES UP!** Do not allow anything or anyone to stay past their appointed time. You have an assignment to attend to. So do not allow people's thoughts about you keep you in the past. Forgive and release their thoughts. You are made in the likeness of God.

**My brother—My sister:** Look in the mirror and fix yourself up. You must move forward and not waste another moment. The enemy will try and play mind games with you to keep you marching time, but let him know, **TIMES UP!!!!!!** *Peace* ☺

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