

With last months reasons to be thankful and this months good will toward men/women, I felt it was time for a healing article. So we can better appreciate the loved ones and the impact we have on them and others around us. I know this time of year is hard and you may not even be close to ready for this article, if that is so keep it in mind when the time is right. Happy Holidays and love the ones your with!

True Freedom

Dec. 2006

by Tammy Miser

Down through the generations many have fought for our freedoms. An individual or group only gained these freedoms by first realizing an injustice and then acting upon it. In our cases we have no issue determining what our injustice is, but what path for action will we choose?

Whether you have a spiritual side or not we all need to heal, to fully heal we must forgive. By forgiveness I am not implying that we should forget and do nothing, but we must act to save others and ourselves. If we choose not to forgive we are allowing our situation to control us. We are permitting our relationships, health, attitudes, activities and goals to be governed by the very ones who have created our grief.

Most of us at some point have heard something to the effect "get over it or haven't you taken this a little to far". My response to those who have the nerve to tell us to get over it is "maybe you should get with it. Get with the program and help make some real changes. If you cannot dig in; at the very least be supportive of those who are for your sake and theirs. How far is to far? There can be a to far and that is determined by a few variables.

Facing your anger

- Do you have a temper, lose control, and/or anger easily to the point it may be even embarrassing to you?
- Are you haunted by mistakes in your past be it yours, the offenders and/or the losses?
- Is your health affected by past decisions and/or the offender?
- Are you obsessed with the injury or the offender to the point your family life is affected?
- Has the injury changed your life or your worldview? Our worldview will change however are you consumed by fear, mistrust, and/or hate?

We all have experienced this type of anger and maybe from time to time we will experience them again. The real issue is how do we choose to handle this anger? Do we face anger head on or do we hold on and continue to let it tear our loved ones and us down?

Our decision to choose freedom

- Is what you have been doing working for you and your loved ones?
- Are you willing to begin path of forgiveness.
- Make a decision to forgive and release their (the offender/injury) control over you.

Choosing the freedom path and acting on it will instill a positive attitude and heal our wounds. This does not remove the scares that remain and remind us daily however we will be able to focus on reaching our companionate side, the goals we would like to obtain, and fulfill our real purpose in life.

Choosing the freedom path

- Acknowledge your pain and anguish the offence and offender have caused and let it go. You were and are entitled to your anger however it is not good for you and your family's health and healing.

- Remember the compassion you once had and how it affected yourself and others.
- Act on your compassionate side. Do an act of kindness toward the offender/offence, and respect your decision. This can be done; it may be difficult and you may feel they do not deserve forgiveness as I did. I myself had to say it out loud not even really meaning it at first and contemplating whom else could be responsible also. Which in turn made me realize it was not just the immediate group but the system was also responsible. None of this means that they should not be held accountable but how can we be mad at the world or the country for that matter? If we choose our anger, will we really be able to make real changes or will others see us as radicals and dismiss us?

Our grieving process will help determine our paths. At first we have many paths to choose some of which will seem never ending and some just a skip but there comes a time when we reach a fork in the road. If we choose the freedom path we will also discover much about others and ourselves. You will not stoop to the level of your offender. You are stronger than you realize. You are not alone in your plight. You will obtain your life purpose. The path we choose will either gain our freedom or insure our bondage. Choose the path to freedom.

**This article was inspired by:
Steve Saint**

About a year ago I saw the *End of The Spear*. A true life account about five missionaries speared to death by an Ecuadorian tribe of Waodani. I saw the parallel of workplace deaths. Families' morning a loss, trying to make sense of it all. After all they were doing a job that they were commissioned to do.

The Man that who's view this was told from was Steve Saint, the son of Nate Saint (one of the men killed). Mr. Saint's life was truly moving no matter what walk of life you come from. You can't help feeling shaken, confused and wondering where that kind of strength comes from. Does it even exist? Then last week I had the opportunity to hear Mr. Saint speak, he gave 3 different talks. I visited the 3rd and to be honest I felt it was one of the most inspiring talks I have ever heard. Anyone who has had multiple tragedies in their life will do good to hear this along with the other two messages. This is a church service so give it a few to get to the meat of the subject you really have to here his side of the story.

Located: Audio Files

javascript:doiPopup('/exec/messages//streams/1/509/1691/0')

Our Life Statement -- part 3

<http://www.southlandchristian.org/exec/messages/1/509>

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