

NO WEIGHT

To every soul living in the shadows of the past

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THREE ELEMENTS OF TIME

When it comes to issues of existence, many people tend to live their present in the past. They focus all their energy on matters of the past, on issues that just happened but for a moment in their lifetime. But you've got to understand that, there are *three elements of time*: **PAST**, **NOW** and **FUTURE**. The past was but for a millisecond in your entire life, so simply quit living through life with the brakes of the past on.

Before I continue with everything, I would strongly advise that you be willing and ready to offer **Justice** to yourself. Quit cursing and condemning yourself consistently over some mistakes you made in the past or something you're going through now and embrace the beauty and reality of living in the the Now.

Apostle John in one of his letters, emphatically made it clear that, "*For if our heart condemns us, God is greater than our heart and knoweth all things*" [1 John 3:20]. It's simply a joy to know that someone greater is bigger than our condemnation.

So why condemn yourself over something your Creator is greater than? You will realise that I did use **Justice** in this context, so that you'll completely redeem and relieve yourself from every situation that tends to weigh you down. And it must be noted that, justice will be rendered ineffective if you constantly condemn yourself over something you feel you didn't do right or over something you're going through at the moment. Completely redeem and relieve yourself from every condemnation that tends to weigh you down and appreciate the beauty of living in the now.

WEIGHT, LIKE GRAVITY

Weight, is whatever thing that have a tendency to oppose our effectiveness, growth, excellence, joy, peace, success, freedom and even our passion for something precious etc. It's like gravity that tends to act on our upward progress. Weight can be *an addiction, depression, failures, rejection, bitterness, past mistakes, fear, crisis or a disease you might be battling with...* Maybe you didn't make things right at the beginning, you sucked a couple of times, you failed countless number of times or maybe you've been diagnosed of a disease or you're addicted to something no one knows of or maybe things aren't working out successfully at the moment, but hey, it's just but for a milli-moment. Keep your head up high and look up to your Creator for a miracle. He's always been there to guide you home. He's got your back buddy.

THE BABY & EAGLE

Let's cast our mind to the life phase of a baby when it starts crawling. It may fall many times, may end up with some scars and maybe pick up some disease somewhere along the way. But what you've got to understand during this crawling phase is that at the end, it grows and blossoms to become what it is actually designed to be.

The end is that, it walks and walks even better, because if there's no crawling, walking wouldn't be possible. A person who is at the stage of walking, has all their energy focused on that moment and not on the crawling stage. In fact, no one sees signs of crawling in a person who is walking because their crawling days are over, the moments of pain and distress and agony are all over. What's relevant now is the now and the future!

Another analogy can also be made of the eagle. It began its flying by falling. It didn't just soar up high from the very beginning. It had to patiently and consistently go through tough and weary moments before its wings could learn the art of soaring up high. The final glory is that, it blooms to become what it was designed to be. Everything that you've gone through or going through now is just a shadow to the revelation of what you have been predestined to be, so simply focus on the now!

THE SHADOW LAND

In fact, there are countless number of souls all over the world who smile to the world when they're outside, but on the inside, the world is crushing them down, the world seems to have become a bitter place for them to fit in. They go through depression, rejection, bitterness, disgrace, disappointment and sorrow. They battle with a disease or probably an addiction that is kind of a tattoo no one knows about. It makes them doubt their faith every now and then. They feel unwanted, unworthy and even go through labour pains when no one is watching. Only God can interpret their pain, agony and dark moments into something meaningful and gracious. They feel God has been silent on their issue for so long. But God is never silent even in the midst of your most troubling moments. He's joy in the moment of sorrow, and light even in the midst of the darkness. He sees each tear. He sees every night of worry and confusion when you are alone. He knows you by name. You've not come this far to be a stranger to your Creator. In all its entirety and awesomeness, you pre-existed in God's creative power even before your existence. You can't be an afterthought to the God who foreknew you, who predestined you to conform to His image.

THE VIEW UP HIGH

Your Creator is always willing to make you better and well and bring you to a standpoint of completeness in every aspect of your life, if only you'll let all these past and present circumstances, struggles and pains that seem to weigh you down go and focus on the beauty of living in the now. Focus on Jesus to relieve you of all these weight. You might have read a couple of books, watched videos and listened to countless number of audios on how to let go off the past circumstances, but you ain't getting any better. Maybe you've been trying to fix it on your own, but not this time. Surrender to Jesus! He said, "*Come now, let us reason together...*" [Isaiah 1:18].

Again, He said, "*Come unto me, all ye that labour and are heavy laden, and I will give you rest*". [Matthew 11"28].

Again and again, He said, *He is forever willing to make you whole and better* [Luke 5:12. emphasis mine]. Stop focusing on your weakness and start focusing on the strength of Jesus. He's the only one who can make you well and relieve you every weight you're going through.

CREATE YOUR NOW

Refuse to let your past circumstances to define your present condition. You've got the freedom to be intentional because you've the power to decide on what to focus your energy on. Your past are shadows and shadows don't grow. You ain't identified by your shadow, that's not your express image. Your identity should be measured based on the reflection of the image of your Creator. In this should lie your joy and hope to strive to live up to what you've been divinely designed to be. Focus your energy on the now and make it better than ever and quit worrying over what's irrelevant; no one can simply add an hour to their life by worrying. You've not come this far to be living your present moment in the past and worrying over situations that makes you unworthy and weigh you down.

Let God be your guide to help you lay down every weight of the past and present and help you to focus your energy on the beauty of living and relishing in the now and in the future. Place no weight on yourself, cast it all on Jesus.

LET THESE GROOVES INSPIRE YOU



You Don't Have to Worry- *Kirk Franklin*

Cast Your Cares- *Guvna B*

You Say- *Natalie Lauren*

Cryin'- *Mali Music*

Withholding Nothing- *William McDowell*

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