

Made for More Coaching

Are certain memories still carrying weight, even years later?

It's not because you are weak.
It's not because you are stuck.
But because something in that moment was never fully healed.

Here is a simple way to revisit a memory with God instead of running from it.

First, pause and breathe.
Ask God to bring to mind a memory that still feels tender, charged, or connected to shame, fear, control, or comfort seeking. Do not force it. Just notice what surfaces.

Next, picture yourself back in that moment.
What do you feel in your body?
What emotions are present?
What did you believe about yourself right then?

Now invite God into the memory.
Ask Him, "Where were You when this happened?"
Let yourself notice what He shows you. His presence. His protection. His compassion. His truth.

Then surrender what you have been carrying.
The belief you formed.
The lie that took root.
The coping pattern that followed.

You can pray something as simple as:
"God, I give You this memory. I release what I picked up here that was never meant for me to carry. Replace it with Your truth."

You do not need to relive the pain to heal it.
You need to let God redeem it.

This is how memories lose their power.
This is how freedom begins.
Not by forgetting the past, but by seeing it through the eyes of a God who was there all along.

You were never alone in it.
And you do not have to carry it anymore.

If this stirred something in you, you are not broken.
You are becoming aware.
And awareness is the doorway to healing.

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Walking with you as God restores what was never meant to wound you

