

## “I’ll take a double with soy!”

By Roberto Bruno

This past weekend I had the opportunity to work in the Union City Apostolic Church’s new café. It has been over five years since I worked behind an espresso machine making drinks. The thing that surprised me was that I didn’t forget how to be a Barista. I was banging out the white mochas and lattes like nothing. It was a great feeling to know that I didn’t forget. I must admit though that there are other things in my life that I wish that I could forget.

The Apostle Paul instructs us in Philippians 3:13 to forget the things that are behind “...Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind...” Easy for him to say! The Apostle Paul might be able to forget the past but for many of us our past is so vivid because we relive it often. The Apostle Paul gives us the remedy in the rest of the verse “...and reaching forward to those things which are ahead”. Philippians 3:13b. I think the verse should say, “...**reaching, reaching, and reaching** forward...” Stop looking back with regret, sadness, and melancholy. Let’s look ahead to what God has for us. We need to surrender the hurt from long ago and give it to Jesus. Once that occurs the stinger of the past is removed and finally we can heal from it.

The Christian walk is an up hill journey but the rewards in Jesus are worth it. Philippians 3:14 says, “I press toward the mark for the prize of the high calling of God in Christ Jesus. Let’s keep our eyes on Jesus and off the rearview mirror so the high calling of God can be fulfilled in our lives.

Remember that old cheesy saying “let go and let God”? It really is true. This week take the time to thank God for setting you free from the past’s tight grip.

