

It's best to leave the past in the past. As long as you are constantly contemplating your previous hurts and disappointments, trying to understand why something happened, you are never going to heal. You need to let it go and say, "God, I don't understand it, but I'm not going to keep trying to work it out. I know that You wouldn't have allowed it if You couldn't bring good out of it, so I'm going to leave it with You." Don't make the mistake of going through life agonizing why something bad happened, why something didn't work out, why your prayer wasn't answered, because it will poison your life.

Proverbs 3:5 "...Trust GOD from the bottom of your heart; don't try to figure everything out on your own..."