

When we make poor choices, get into a relationship that we knew would not be good, or get in over our head in terms of our spending, pain always follows. We talk about how important it is to let go of the past, to let go of the divorce, the failure, the bad break etc., and that's true. However, before you let go of the negative event, it is vital to remember the lesson you learned from the experience. You are doing yourself a great disservice if you go through a painful time and don't come through it with what you were supposed to gain. Don't waste the pain and go through it over and over. That's unnecessary and foolish. Learn those valuable life lessons.

Proverbs 24:32 "...I applied my heart to what I observed and learned a lesson from what I saw..."