

Health and Wellness

Provided by Bethany Care Ministry Outreach Program

Facing Brokenness

Why should we look at the past? It is not just a futile journey into sadness and depression unless we continually live in a dark and negative past. I have seen in my counseling what carrying anger and hurt from a situation that may have occurred decades ago can do to a person's present life. Sadly, it also affects the lives of others in the home. It can create brokenness, which is a joyless state of going through the motions of life without really feeling anything. In the Bible it is clear that Paul deeply reflected on his painful past. He did not simply bury it, deny it and move on. We need to be willing to look at the wounds that we carry from a hurtful childhood or living in a dysfunctional home, by talking to a pastor, a counselor or a trusted friend. In Galatians 6:2, it says we are to "bear one another's burdens."

Here are some reasons to look at our own brokenness:

1. Denial of a painful reality comes natural to us but it assumes a false reality that is an affront to God.
2. Keeping the past buried may seem like it is protecting us from further hurt, but that kind of darkness may produce good mushrooms but will never produce beautiful flowers.
3. Facing the truth of past damage done to us is necessary to heal the effect of that past trauma. The goal of facing our brokenness is not to wallow in the hurt but to reclaim our life in such a way that the destructive grip of our hurt is loosened.
4. Facing our past brokenness allows us to overcome any shame or self blame. Children who have been hurt emotionally or physically may blame themselves. By facing the hurt or abandonment and gaining in understanding, they can start creating a new life the way they now want it to be.

Change and healing is hard work. But we begin by knowing that God's promise for us in our dark times is one of hope, of light returning. Healing does not come by ignoring the past or minimizing past abuse. Remember that God's grace will touch the deepest wounds we carry. These thoughts and words are inspired by the book, [Mending the Soul](#), by Steven R. Tracey.

*JoAnne Adkins, Counselor
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Do you need some help? If you are over fifty, disabled, or a caregiver and would like some gentle conversation about this or any other any mental health issue, call 715-258-3289 for an appointment. JoAnne Adkins is available for counseling as a free service from Bethany Community Care Ministry.

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