

# Watch for the Temptation to Feel Bad About Things of the Past

Father's already told us to live in the present, not the past.<sup>1</sup> He's also told us not to have regrets or disappointments about the past.<sup>2</sup> However, we quickly fall into the trap of the past because we start feeling bad about something and then we quickly move into regrets and disappointments.

The key to control slipping into the past is to watch for negativity in our mind. If we start feeling bad about something in the past, the technique is to STOP, change our focus and 'kill' the temptation to drift backwards. It's not easy, but with continual practise we can be successful.

Here's Father's encouragement to do that:

*“” Watch for the temptation to feel bad about things of the past. Remind yourself that you can do nothing about any of it. What I have forgiven is forgiven,” says the Lord. “Do not dig up old trash that makes your feel terrible. You are My child, My chosen. Go forth in the power of My love to seek righteousness every day.””<sup>3</sup>*

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(Readers will need to look up for themselves any scriptures alluded to in this document)

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1 – “Stay in the Present” [canberraforerunners.org/wp-content/uploads/Stay-in-the-Present.pdf](http://canberraforerunners.org/wp-content/uploads/Stay-in-the-Present.pdf)

2 – CCOP MESSAGE: “No Regrets and No Disappointments” (7-8-2022)

[canberraforerunners.org/wp-content/uploads/MESSAGE-No-Regrets-and-No-Disappointments-17-8-2022.pdf](http://canberraforerunners.org/wp-content/uploads/MESSAGE-No-Regrets-and-No-Disappointments-17-8-2022.pdf)

3 – Marsha Burns “Small Straws in the Soft Wind” (April. 3, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2023.htm](http://www.ft111.com/straws2023.htm)]