

## *Make Room for More*

One thing in life is a guarantee, if you want success you must put forth the work to achieve it; the results you desire are not going to just fall in your lap effortlessly. Here's another critical truth along the same lines, if you're expecting to receive something new in your life, you must let go of something old. What do I mean by that? Well first, imagine that you are able to hold intangible things like emotions and feelings in your hands. In one hand you're holding on to memories that keep you in a state of reliving the past, and in the other hand you are clenching hurtful feelings and disappointments from old wounds that should have been healed by now. With both hands full, it's going to be pretty difficult to receive anything more. Without releasing these emotional heavies, you will not be able to love freely and be unfettered by the past. And what's worse, you will not be able to receive love, so that it gets to the places where sadness and grief still live.

Maybe someone you loved passed away, or maybe you were involved with a person who tore your heart apart. Every time you think about the memories, you become depressed, distressed or anxious. Well we are entitled to grieve. God would not want us to skip the grieving process because He instilled those emotions within our human frame. If someone broke your heart, you are going to go through some things before you can get over it, but you can't hold on to the person you were at the time when the situation that caused the grief initially happened. And this is where we get stuck. We become afraid to move forward as a stronger, wiser version of ourselves, because we don't want to endure anything hurtful again.

1John 3:1(NIV) says " *How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!*" Grief, disappointment, loneliness, hurt, these emotions and feelings are meant to transition you into more of the person God intends you to be. Heavenly Father does not orchestrate hurtful situations and circumstances, but He knows that they are a part of the earth experience. You cannot live as a human being and not experience loss, but as children of God, we are supposed to realize that God's love is enough to fill any gap, cover any loss, and lift any burden

Even though we cannot literally hold emotions in our hands, we hold on to them internally and refuse to release them. We can become so comfortable that half the time we do not realize we are carrying emotional weight. This is when you have to look honestly at what is happening in your life. Take the emotional weight of loneliness for instance, there are women who have been praying to God to send them a husband for years, but yet, when you take a closer look at their lives, you may not discover any evidence that they are making room to accommodate another person.

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All done to the glory of God through Jesus Christ, our Lord! SMS is dedicated to inspiring and encouraging Christian Women through the Word of God.

I'll give you a personal example of what I'm conveying here. After a hard day's work, I would come home and fix myself a sandwich or a bowl of cereal for dinner. I figured "*hey it's just me, I don't have to cook*". My closets were packed to capacity with my stuff, and every inch of my life was filled with things, situations, and rituals that reminded me constantly that I was single. Rev. Fran so often talks about the Process of Preparation, and the fact that you have to release the things that no longer serve you well in order to gain something more useful. You have to *put off* in order to *put on*. So I began to de-clutter—emotionally, physically, and mentally—to make room in my life for the blessing that I was expecting.

Details like insignificant habit patterns may seem miniscule, but if you keep the same mindset, you will never condition your mind and heart to make room for what you desire.

When our minds are focused on the past, and we become so convinced of who we are at this moment that we cannot see who we can become, we have to take action. And it's true, sometimes we don't know what actions to take, but that is why Heavenly Father has given us a helper. The Holy Spirit will help us; He will lead, guide, and direct us into breaking free. The spirit will help us to be synchronized with God's plan and purpose, but we must make a conscious decision to make room. We must be willing to purge ourselves of old habits that prolong grief, stagnation, and sadness. We must open our hands to release, then the spirit will help us to reach out and grab what we desire. ●