

Once and For All!

By Brenda Spina, M.S., LMFT, LPC

The longing for healing and resolution is alive and well in each of us. This is how it sounds coming out of our mouths, "I want this healed once and for all!" "Let's get this taken care of now!" "Why do we have to go over and over this?"

Natural as these expressions may be, they express the part of our spirits that long for healing, completion, and reconciliation. Even the Israelites were told by the Lord that their taking hold of the Promised Land would be a process.

Deuteronomy 7:22 says, *"The Lord your God will drive out those nations before you, little by little. You will not be allowed to eliminate them all at once..."* Reading this verse challenges the notion of instantaneous release from the unhealthy behaviors and attitudes all struggle with. There are some who dislike the idea of process. Process takes too long. Yet it is process which develops strength of character, works out all the residue of sin, and increases one's ability to be more like Jesus. Isn't this the goal desired?

I think the key is found in the remaining phrase of the verse: *"...or the wild animals will multiply around you."* Metaphorically, when we hurry through, deny, or avoid facing a situation, we are creating more problems for ourselves. The result may be further damage to relationships or circumstances. This is exactly why the Lord began this sentence by stating He will be the one going before us and driving the nations (sins, attitudes, etc.) before us. Trusting His lead, knowing His timing and pace may not be easy but it will be perfect.

No matter the issue you may be facing, verse 21 is the promise to rely on: *"Do not be terrified by them, for the Lord your God who is among you, is a great and awesome God."* Despite divorce, adultery, abuse, addiction and financial ruin, we can trust His process. God is in the lead. He will bring to the surface those behaviors, attitudes, or sins we need to face. God will continue to do so until we understand that in doing so, we are moving into the Promised Land of our relationship with Him. Join me in the journey as we move into our Promised Land together!

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