

## **#289 Be Still and Be Loved: Forgetting and Forging Pain by Alisa Keeton**

### **Breathing:**

- We were created to begin with the exhale.
- Life begins with the exhale, because God exhaled and breathed into us, and life for us began.
- The exhale of God is permission for me to take an inhale.

**Inhale: “God loves me.”**

**Exhale: “God wants me.”**

**Genesis 41: 51 “Joseph called the name of the firstborn Manasseh. “For,” he said, “God has made me forget all my trouble and all my father’s household.”**

**Inhale: “It is because God has made me forget,”**

**Exhale: “All my trouble and all my father's household.”**

- Forgetting the pain means to stop dwelling on it and feeding it.
- The word ‘forget’ doesn’t just mean to ‘forget’ but also to deprive. To let go.
- It's connected to forgiveness and healing for yourself and permission for another to heal.
- You have been given full rights and full permission to heal and eat good fruit, not bitter fruit.
- Release your mental control of the pain.
- Create space between you and the pain; step away.
- Breathe. Let the Holy Spirit come in and breath fresh air and light and Truth that God wants you.

**Joseph encountered so much pain and opposition, wrongful acts done against him, but God was with Him.**



**Inhale: “God,”**

**Exhale: “Is with me.”**

**Cast your cares on Him, for He cares for you. Move forward into the land promised to you, by grace, through faith.**

**You are a child of God and you belong to His household now. And in His house, hardships become the springboard for transformation. Fear chased out by love. Nothing is ever wasted. He makes ALL things good.**