

Starting Afresh: How to Get Back Up After a Set Back

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Spring is one of the happiest times of the year for me. The daffodils begin to pop their heads up through the ground to drink in the increasing sunshine. The trees bear flowers that announce the beautiful green leaves that will follow. Spring speaks of change, new life, and possibilities that have yet to be realized.

Many women have faced a long personal winter this past year. Perhaps, you have experienced a marriage that has failed, the guilt of not doing your best mothering your children, or a career possibility that went sour. No matter what your winter has been, you can spring back with God's help.

“And he who was seated on the throne said, ‘Behold, I am making all things new.’ Also he said, ‘Write this down, for these words are trustworthy and true.’”
(Revelation 21:5 ESV)

Creating a New Beginning

Our troubling winters can be caused in part by our own behaviors or attitudes. We need to confess anything that we have done to cause our struggles. True repentance erases our fault in the situation because Jesus' blood is all-inclusive. We can get up and find a beautiful blank page for us to fill.

Look to God for your new beginning so you don't fall into any traps you may have fallen into in the past. Allow divine revelation and direction to create dreams that have the ability to become reality. For example, you may want to take a personal retreat to spend time mapping steps toward a more peaceful household.

“Though your beginning was insignificant, yet your end will increase greatly.”
(Job 8:7 NASB)

Reboot

Close down the old habits and take a break. Just as a computer needs to shut down to put its circuitry in order, we need to take mental and emotional breaks from those situations that plague us.

Take an assessment of where you are currently. Score your activities and relationships as either being positive (feeding your attitude positively and giving you hope and a future) versus those that are negative (tiring you out physically, emotionally, and spiritually). Sometimes what had been positives in our lives can

become negatives over time. Be honest with yourself about the effects of what activities you do, the responsibilities you have, and the people you deal with on a daily basis.

Once you make your assessment, you can cut out the negative items completely, or find ways to change them to become positive. For example, if you hate to cook dinner, why is that true? Is it because you do not like to cook or is it because you are tired at the end of the day? Research how you can prepare dinners on the weekend so during the week you just heat and serve.

“Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” (Isaiah 43:19 ESV)

Ignite a Spark

When we start something new, we can become overwhelmed by the final goal, feeling it is unattainable. Remember that a bonfire only needs a small spark to create its flames. You just need to take one step forward and praise God for the strength to take that step. Then work toward the next step, and so on.

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” (2 Corinthians 5:17 NKJV)

As you look to spring as a jumping off point toward your future, there may be some aspects of your life that have died and you cannot restore. Acknowledging these can often bring undue guilt or regrets. However God, in His infinite wisdom and goodness, has promised that He can bring good out of loss. He can recycle what you see as waste into matchless blessings to your life.

“I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you.” (Joel 2:25 ESV)

Woman of God, you are not bound to stay in a personal winter. You are a beautiful flower, growing, blessing others, and bound for greatness! Enjoy your spring.