**Scars**

I was never allowed to go barefoot until the first day of summer. It made summer all the better in my mind! In a child's eyes, summers are filled with wonderment like climbing trees, catching bugs and long bike rides. But the reality is that it can also come with things like skinned knees, stinging bees and falling off horses.

When I look at my knees today I still see the scars from childhood. But wounds and scars of the heart, however, don't show like my skinned knees. But I'll have to say they are just as painful and the pain can last far longer. Internalizing emotional wounds of the heart can be stored for decades but the challenge today is to begin processing those hurts from the past and release them. Find ways to process like:

1. Write it out in a journal...keep it or toss it, it's up to you! Sometimes the writing process is helpful to get everything out.
2. Find scriptures to memorize and then pray over the situation with that scripture
3. See a counselor. It's worth finding a counselor to go through this time with you.
4. Sign up to get a Stephen's minister. It's a listening ministry that will continually steer you in the right direction.
5. Get a trusted friend to listen and ask them to check in on you.

Depending on the wound, it can take a while to work through but give yourself time and permission to process. Rely on God's word, biblical community, trusted friends and family to walk with you.

If we have not met, I want you to know that I walked into this church 25 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

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