

During Wholeness Prayer I was reminded of a childhood memory where I felt angry at my dad. I didn't want to let go of my anger as I felt the only other choice was to feel worthless. As I brought the memory to God, felt the anger, and connected with my belief that my only other choice was to feel worthless, I asked God to reveal His perspective.

Immediately I heard a still, small voice saying, "I thought you were worth dying for."

My perspective instantly changed and I let go of my anger and forgave my dad. The peace of that moment remains today and the truth that God thought I was worth dying for continues to shape my life.

To God be the glory!