



I was afraid. But.....

As a teenager, I was very timid. I was afraid of people. Why? **Because each time someone said they loved me, it was either to abuse me or to use me for something they wanted to get done.** I was afraid of adults in particular because until my teenage years, that is what I had known from them, neglect and rejection.

I was afraid of people because they did not show faith in me. I was afraid of people because they put unnecessary fears in me so as to manipulate me for their own gains. **I was afraid of people because I never felt valued. I was afraid of people because most of the times I could see right through them, they pretended to love me whereas I knew it was not so. I was afraid of people because they were in one way or another trying to find a fault in me or by me. This in particular, made me extremely insecure.** I was afraid of people because I hardly saw anyone who genuinely cared about me.

I was afraid of people because I seemed to be always at the receiving end and a laughing stock for others. I was too naive. I was afraid of people because mostly always they wanted to control my life. **I was afraid of people because I never had anything of my own, was always longing for something and was always dependent and obliged to somebody else for those. Although I hated the position I was in, I yielded and my attitude was always to receive.** I was always afraid because in front of them, I had to put up a front, could never be myself and honest, would

seem very vulnerable and so had to pretend to be someone I was not. I had always to be alert. I could never be me. I felt like a worm.

I was afraid of people because..... the list goes on and on.

BUT, I had to change. I had to face life, reality and its challenges. I had to find my security in my real me. **I had to be train myself to grow so secure that it no longer bothered me if people loved me or not. Today I know that my God is in absolute control and I am not afraid to be controlled.**

I give willingly and if needed at times I am not afraid to put my foot down on my terms, but in humility.

Today I don't allow unnecessary fears to be passed on to me, but I have trained myself to take everything that is shared with me on face value and face it with real faith and real life. **Today I am not afraid of neglect and rejection as I believe there is no one who can neglect and reject me. It is how I see it.** If they seem as though they don't need me, I am quite fine with it and I choose to move on.

Today, I seek for much higher levels in life. I don't look to receive anymore but take pleasure in giving, giving and giving more. **I enjoy giving. But of course, I had to learn this very important lesson to enjoy receiving from genuine givers :) You see, I have learnt that I need to give and also be humble enough to receive.**

Today I am alert and very sharp but I intentionally guard my heart that I do not begin to manipulate and act too street smart. I need to be innocent as a dove but wise as a serpent :)

These are some of the thoughts that were ringing in my head when I took that 5 hour flight back home from Singapore. In fact then, I had to immediately fly out to Delhi. I was sharing deep. I was sharing from my heart. Power points could no longer hold my thoughts that went far beyond those points :) I thoroughly enjoyed training a wonderful core team operating as LIVE JAM. It was such an amazing time of pouring out into a group of thirsty and humble people. Hey, I am so glad that I am at this point in life, because I have yielded and gave in to face my past and stand in my reality.

“Absolute surrender is not giving up but giving in” Ann Chan

I must admit I was so tired and reluctant to write this week's post. But I have finally gathered myself to just write these few lines. Just a thought based. Let me end with a quote and some final statements.



“I am amazed by how many individuals mess up every new day with yesterday.”— Gary Chapman, *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*

This is a great quote. Oh yes, I see so many people, youth and teens messing up lives because of a past experience, a past feeling, a past incident and the like. No, we can never run out on our past. **But, our past now needs to be made into a spring board that can launch you into a brighter, stronger future. Never make your past a hammock.**

Past mistakes, yeah sure we need to learn from them, they are great teachers, but always beware of harbouring bitterness and revenge. Yes, we need to evaluate and align rightly, but never allow absolute wrong beliefs or convictions to grip us based on wrong experiences. **Yes, we need to change course but never allow fear to paralyse us. Yes, we need to be wise about those friendships and peer groups but never shy away from people and healthy relationships. Yes, we need to realize and reflect on our past experience but never reject our present and future opportunities because of it.**

Did you get it?

Don't allow your past to paralyse and mess your present and ultimately your future. Please don't do that. We cannot live on our yesterdays. We need to live in our present and walk in faith towards our future.

Remember, I was afraid of people, but today I enjoy being with people. Although at times it is very difficult and can get complicated, that's ok. For some it is those situations and context that they either live or work. That's ok. For others it is those expectations and discouragements. That's also ok.

Because, God gives greater grace.