

## **“Echoes of the Heart”**

*Reflections on Life and Community Living*

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**Letting go and moving on.** In this post-Olympic season, and with the national conventions of our two major political parties dominating the news, we’re reminded of the need to be able to *let go and move on* in our lives.

Olympians come to mind, who trained for years, making all kinds of personal sacrifices; and then, at a critical moment in their Olympic event, something happens: they nick the ninth hurdle in the 110 meter hurdles, or they cramp up in the last sixty yards of the 400 meter run. And what seemed a certain victory and gold medal is snatched from them.

And later, tears of intense disappointment flow; and our hearts go out to them. We can only imagine their sadness and sense of helplessness. It’s four more years to the London games of 2012. Four years is a long time to put one’s dreams on hold.

And with the political conventions; only one candidate can receive the highly contested nomination. In the sorting out of the primary process, there are many losers. With millions of dollars spent and political aspirations shattered, what to do? Again, it’s four more years to the next Presidential election.

For all of us—in our ups and downs, in our coming and our going—there are times in our lives when we have to find the resolve to let go of the past and move on. Stated another way, there are times when, if we can’t put our past behind us, our future is forever paralyzed and held back.

It’s one thing to learn from our past and to benefit from the rough and tumble of our life experience. But it’s another thing to be forever tied to our past to where we’re incapacitated and can’t move on with our lives.

**Called to life.** Always in our lives, God calls us to life—today. We cannot allow ourselves, therefore, to be forever hung up on the imperfections and shortcomings of yesterday. Yesterday is what it is; and no matter what, we can’t relive it.

In our life-journey, many of us *say* things or *do* things that we wish, looking back, we could undo. In a relationship, perhaps, or in our career path; with our finances or with some moral dilemma or challenge. Hey, it’s the human situation. We’re not perfect, we’re human; and sometimes we stumble and fall and make mistakes, and sometimes we even fail.

Still, can we hear this: our failures don’t have to be endings? On the contrary; sometimes our failures or defeats can serve as the springboard to new successes and new victories. It happens all the time. The key is keep after it and to make good choices, *today*; and do good things, *today*; and make progress, however incremental, towards our life-purpose, *today*.

**Embracing tomorrow.** There are times in our lives when God is beckoning: let go of the old and invite in the new; and, move beyond the smaller world and welcome in the larger world.

God wants us to let go of any practice or tendency that makes us a smaller person. When we're too caught up in yesterday, we're a smaller person. When we're too concerned about boundaries—on elitism and making distinctions that diminish people, we're a smaller person.

God's purposes are *not* about smallness. They're not about pettiness or exclusion or simplistic reductions into good and evil. These are not God's ways.

To *let go and move on* in our lives, we need a big spirit, a spirit that can rise above the bad things that at times come our way. The things which, if we let them, can bring us down and sap the life and hope right out of us.

Yesterday, with its worn-out failures and defeats, with its out-dated boundaries and restrictions, is powerless to change our lives. The choices we make today and beyond, therefore, *are* what our lives are about.

The choice to forget what we need to forget, forgive what we need to forgive; the choice to let go and move on. Why? Because that's where the life is; and that's where the hope is. And that's where God's purposes are realized, both in us and through us.