

You were and often are the way I view the world, some of you were good, but some of you were bad. Goodbye to thinking that it is wrong to question or disagree with my elders, and hello to thinking for myself and being my own person. It is not rebellion to think for myself or have different conclusions than my parents. Good-bye to fear of upsetting my parents if I have different conclusions, and feeling the need to defend my thoughts until I receive approval for my thoughts. Hello to expressing my thoughts and conclusions without being concerned or worried that my parents will not understand, agree or approve of my thoughts. Hello to the freedom to be myself and trust the Lord for the conclusions we come to.

Goodbye to avoiding pain and unpleasant situations. Good-bye to hiding and trying to escape from difficult situations, such as conflict, situations where I do not feel adequate, or I am fearful of the outcome. Running and hiding is not a healthy way to deal with life. Those situations will only grow into more difficult situations if I do not deal with them. Hello to confronting situations as they arise. I will not seek difficult situations, but I will not run from them. Hello to walking in peace and knowing that even if things do not go the way I wanted them to, the Lord is in control, and he will walk me through it.

Good-bye to worrying about what others will think. Good-bye to replaying every conversation when I feel like they may not have understood my heart, and thus may think negatively of me. Good-bye to doing whatever it takes for everyone to think well of me. I say hello to being myself and sharing truth, regardless of whether someone will think well of me or not. Hello to being valuable and accepted regardless of what others think of me. Hello to being ok with who I am and accepting and loving myself.

Good-bye to feeling responsible for making others happy. I am not in charge of the emotions of other people. Good-bye to feeling guilty or obligated to meet the emotional needs of others. Hello to the freedom to love others without obligation or guilt. Hello to taking care of my emotional needs, and trusting others to God.

Good-bye to the idea that men cannot be counted on and that women will always be the leaders of the home. Hello to a future healthy relationship with my husband. Hello to trusting men, and expecting them to lead in their God-given roles. Good-bye to belittling of the men in my life and hello to uplifting them and thanking them for their leadership.

Good-bye to feeling responsible to step in when the appropriate leadership is not doing their job. Good-bye to my childhood feelings of needing to take care of others. Goodbye to feeling the need to parent others and provide for their emotional and spiritual needs.

Good-bye to assessing who I am by what I do. Good-bye to judging my value based on how well I perform and complete the task set before me. Good-bye to feeling the need to be perfect and excel in everything I do. Good-bye to the expectation of perfection and feeling that failure reflects on my value as an individual. Hello to the realization that I am human and it is okay to make mistakes. Hello to realistic expectations of my abilities. Hello to being okay with myself, even when I do make mistakes and do not perform well. Hello to the fact that I am valuable and cherished regardless of what I can or cannot do. Good-bye to feeling like my value comes from the ability to benefit or help others. My value is not based on anything that I do, but is intrinsic within me. Hello to accepting me for me, without any assessment based on performance.

Good-bye to feeling that needing others means that I am weak, inept or inadequate. Good-bye to thinking that if I depend on others, I am not depending on Jesus. Hello to accepting the love and help of the body of Christ. Good-bye to feeling that being needy is a burden on others. Hello to accurately assessing my own needs and seeking help from appropriate people when I need it. Hello to accepting

that my needs are important, and others can be a blessing when I allow them to help. Hello to the fact that I am important, and that my needs matter. Good-bye to ignoring my needs and fearing being a burden if I say that I have needs. Hello to knowing that I am a joy and a blessing, even when I express my needs.

Hello to openness about sexuality as well as mistakes and failures in that realm. Good-bye to condemnation and hello to acceptance and love.

Good-bye to abandonment and feeling that I am not important or valuable because someone leaves. My value and worth do not constantly change based on whether or not I am accepted or rejected. Hello to value and worth and acceptance and love no matter what!

Good-bye to patterns of my family and past. Hello to a new way of life in which my acceptance and love are constant and do not change!

The one who is loved and accepted!