

## Change

Change came to find me. I wasn't looking for it at all; I just happened to peak through my inner door.

There the Spirit was waiting, in all Her gentleness, arms stretched out to me.

Resistance bore weight against the door when the Spirit said it was time to look at something hard.

"I can't open the door," I confessed

"Stretch out your hand to Me - I will pull you through the small opening," She said.

It was no small feat to stretch out my arm - resistance tried to shut the door completely. The Spirit stronger, pulled me to Herself.

"It is time to look at this part of yourself that needs healing, needs changing."

Fear gripped my heart - how horrible would I find myself to be?

The Spirit laid Her hand upon my heart and told me how beautiful I was.

"We will look at this part through the lens of the wonderful love of God. Do you believe We love you right here in this place that needs change?"

"I want to," I said, with fear constricting and suppressing my faith.

"Come," the Spirit said. I will love you for awhile first before we look."

With Mother arms she gathered me, hushed my fear and spoke beautiful things to me about myself and God.

"Do you feel strong enough now? When you are strengthened in God's love, what we look at will be smaller in your eyes - not so daunting."

How could I deny Love's desire for my freedom? It is God's kindness that leads us to repentance - leads us to change - all the while holding us with great tenderness.