

## Chapter Seven

### *A New Look at Life!*

#### *Letting Go of the Junk and Loving Who You Are!*

I am defining *junk* in this chapter as skeletons in our closet which refuse to be buried. We may also call them poor decisions from our past. These can be negative or painful thoughts or words, a negative self-image, unhealthy relationships, preconceived opinions, bad habits, or anything that might *inhibit* (get in the way of, hamper, restrain) or *impede* (obstruct, hinder, slow down) our walk on this journey and keep us from accepting who we've been called to be.

Many times we believers intentionally or unintentionally hold on to junk that God has called us away from. Hanging on to junk causes us to carry unnecessary weight on this journey. It is like swimming while wearing an overstuffed backpack and with a fully packed suitcase in each hand: it is simply impossible!

Let's take a moment to dig into three of the items I classify as junk: prior bad decisions, a negative self-image, and preconceived opinions.

