



THE TRUTH

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My song seemed to evaporate into the darkening mist that was enclosing around my soul. I had no desire to sing anymore. Not even a simple melody could find its way through my lips. The songbird had lost her song.

Music had been my life saver, a flotation device when everything about my life and circumstances threatened to pull me 6 feet under. The melodies had kept me above water, while harmony lifted my thoughts away from devastating occurrences that seemed to play on repeat.

Abuse had become an unwanted drum track stuck on repeat. My pain and my thoughts chased me everywhere. I felt like I couldn't escape them. I was on an endless carousel ride spinning round and round in my mess. Self-destructive thoughts played over and over in my head. I tried desperately to think better things, but found myself feeling helpless and hopeless.

The hard part was that I didn't believe those better things. I could say all of the nicer sentiments out loud, but deep in my heart I didn't really believe that I was loved. I didn't believe I had worth. I didn't believe that anyone cared. I didn't believe that anything would change.

Mostly because I didn't feel it.

I had to come to the realization that my feelings were not fact based. That was hard. Everything that had happened in my life was factual. Circumstances were very clear cut and undeniable. What I failed to see was it wasn't so much what

Listen to the Music for the Soul Song "Child of Mine" [LISTEN HERE](#)

LYRICS:

Child of Mine, I smile when I think of you
How I knit you together in your mother's womb

Child of mine, I'm glad when I think of you
And the beauty of your soul that I see shining
through

*You don't have to try so hard to please me
I was pleased on the day I made you
I love you so much this is how I showed it
I sent my son to save you*

Child of mine, I cry when I think of you
And all the lies you've heard about me
And about yourself that you believed were true

You are forgiven, you are set free
If you only just believe, it'll be alright
Everything will be alright

'Cause you're a child of mine
and I dance when I think of you
You've got nothing left to prove
I smile when I think of you

I'm glad when I think of you
I dance when I think of you
I sing when I think of you
Because you are
Because you are
A child of mine

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happened in those moments, but what I came away believing because of them.

You can't change History. No matter what I did I couldn't change the abuse, neglect, betrayal, or loss in my life. But I *could* change how I saw those events. I *could* change the belief that I had no worth. I *could* change the belief that God didn't care. Those beliefs were feeling based, not fact based.

It took time to get my heart and my head around this. It took getting totally honest with God and my counselor. Eventually I began to feel hope. It took a lot of seeing and thinking about things differently, but I found healing. You can too.

What are some areas that you need to "get a new frame around"?

What do you need to grieve in your life story?

What lies have you believed about yourself and God because of what happened to you?

Are you afraid to be honest with God about how you feel about those circumstances? Why?

Here is the truth:

God sees.

God cares.

And He hates the pain you are in.

You are not alone.

You have worth.

You are worth listening to and fighting for.

God already did and He continues to do so.

God loves you right where you are, as you are, and will never stop no matter what.