**Sit Down, Shut up, Let it go…**

Because of copyright issues, I cannot tell you the story that Pastor Hayford told us in his sermon on the cruise ship, but you can find it online at the following address and read it for yourself, [https://www.jackhaford.org/articles/](https://www.jackhaford.org/articles/%20%20%20%20The) The Freeing Power of Forgiveness.

I was in a dilemma about some issues in my life, and this message was strangely used by God to tell me to lead the issues in the hands of others and not to take action for myself.

Especially poignant was the concluding statement: what scars do you have in your life because you were not willing to sit down, shut up and let it go?