

A Letter from My 25 Year-Old Self

Recently, when going through some old papers, I found a “manifesto” of sorts, written early in my recovery and in my Christian walk. The newly- found joy and freedom I was experiencing was evident in this outpouring of my heart—a declaration of what my life would now look like.

Reading this after so long jolted me out of a complacency I was in—a rut, if you will—taking for granted the mercy, grace, and healing I had been given. Here are some of the things/resolutions I had so boldly claimed some 20 years ago:

-This year I will live in the moment and love every moment I live.

-I will focus on now instead of tomorrow by not dwelling on what could have been or worrying about what has not yet happened.

-Times of reflection and introspection will not swallow me into a pit of despair. I will use these to grow with more wisdom and character.

-All I can control is what I say and what I do. These begin in the mind. I will allow God to control my thoughts, with Christ in my heart.

-I will not obsess about food; I will thankfully and sensibly eat and enjoy it.

-I will not force myself to exercise; I will want to and will enjoy it.

-I will not pray for my circumstances to change; I will be content with my circumstances and change what I need to change.

-I will not worry about money. I trust God to provide and help me act wisely.

-I will not live my life for another person or because of another person. I will live my life because God gave it to me and created me for a purpose. I will live honestly and humbly and joyfully to discover that purpose each day. I will offer what I can to others I encounter and will allow God to work through me. I do not exist for another person or because of another person. I am complete in Christ.

-I will walk with Jesus, not behind him or ahead of him.

-I will not be afraid of the future. I will not fear the unknown. God knows.

-God’s will is holy, acceptable, and perfect. I pray to live in accordance with that.

-I will thank God for friends—for all of the beautiful souls he has touched me with. I will pray for those whom I have difficulty befriending.

-I'm happy with all the bad, ugly parts of me and my past because I'm happy with me and my life today.

-Anorexia and bulimia don't rule my life now unless I let them. The disease is conquered and what I have left of it is scars. When I hear its menacing voices and accusations; it's the devil that is speaking, telling lies that I'm worthless, fat, ugly, stupid, and evil. I'm tired of listening to those lies.

-This year I will be ever mindful of the goodness in my life. I will humbly remind myself that I am nothing apart from Jesus Christ, but that I am totally complete with Him. Material wealth, accomplishments, proper social circles, etc., don't matter to God so they shouldn't matter at all.

There was more, but I will leave it at that! My wise 25 year-old self concluded with the well-known verse Jeremiah 29:11, "I know the plans I have for you," says the Lord, "plans for welfare and not destruction, to give you a future and a hope."

-Susan Landry, LPC