

Week 3: What Your Body Kept Safe for You

Day 2: Forgetting Was Mercy

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Be transformed by the renewing of your mind." (Romans 12:2)

A child cannot fight. A child cannot run, or reason, or set a boundary, or process what no adult should have to process. So when the pain was too big, your young brain did the most merciful thing it could. It fragmented the memory. It let the body absorb the impact and postponed the feeling for later.

The body said, in its own quiet way, this is too much for you right now. Let me hold it.

It has been holding it ever since, waiting for the day you are safe enough and supported enough to begin. That day may be today. God does not rush the unwrapping of what was packed away in love. He renews the mind the way dawn comes. Gradually. Then all at once.

Gentle prompt: Write one sentence to the child you were: you did the best you could with what you had, and I am proud of you.

Prayer: Father, the forgetting was not failure. It was Your mercy in my small body. Unwrap only what I am ready to hold, and hold the rest with me. Amen.