Some years ago, as my son David rode a bus to a meeting where he was to sing, he was studying the words of one of the songs on his repertoire—“My Yesterdays.” Apparently the man sitting beside him had been reading the words also, because suddenly he leaned closer and with a voice choked with emotion said, “That’s it! My yesterdays! It’s my yesterdays that have driven me crazy—my yesterdays!” He had been in a mental hospital, tormented by his thoughts, benumbed with remorse, weakened with self-contempt.

David talked to him there on the bus about how Jesus could forgive his sins, and how He could cleanse and heal his life. When they came to David’s stop, the man asked eagerly, “Can I please go with you to this meeting? I’m wearing my work clothes—do you think the others would mind? I want so much to be rid of my yesterdays.”

That night the man wept openly as David sang “My Yesterdays” in that meeting, and he gave his heart to Jesus. Jesus lifted that load, forgave him for all his yesterdays, healed his heart, and gave him a freedom he had never known!

David introduced us, and this man came to visit me often after that. He could never talk enough about how God rid him of the torment of his evil yesterdays, and he would repeat some of the words of the song:

- My yesterdays,
- So filled with guilt and shame,
- My yesterdays are gone,
- Oh praise His name!

Is there anything more wonderful than the miracle of forgiveness? Anything more beautiful than that feeling of being clean through God’s gift of a new life? It’s for you! Your loving Father wants you to have all that He’s promised.

—Adapted from Virginia Brandt Berg

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**Life’s yesterdays have passed forever beyond our reach:**
**God has them in His keeping. Leave them there!**

There is a golden day about which I never worry—a carefree day void of fear and apprehension. It is yesterday! Yesterday with its cares and worries, its aches and pains, its faults and mistakes. Yesterday has passed, never to be recalled. I cannot undo a single act; I cannot unsay a word that I said. All that yesterday holds of wrong or right, regret or happiness, is in the hands of a God of love.

But He can bring honey out of the rock, and He can bring sweet waters out of the bitterest desert. He can turn weeping into laughter; He can give beauty for ashes, the garment of praise for the spirit of heaviness, the joy of the morning for the woe of the night. (See the Bible, Isaiah 61:3, Psalm 30:5)

**Yesterday is gone. It was mine, but now it is in God’s hands.**

—Robert Bridett

The Bible says, “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9 NIV). And Hebrews 10:16–17 (NIV) tells us, “‘This is the covenant I will make with them after that time,’ says the Lord. ‘I will put My laws in their hearts, and I will write them on their minds.’ Then He adds: ‘Their sins and lawless acts I will remember no more.’”