



Chaplain Chat

Changing The Past

The past is the past for a reason
That is where it is supposed to stay
But some cannot let it go
In their heads it eats away

Until all their focus becomes
The person that they used to be
The mistakes they made in their life
Oh, if only they could see

That you cannot change what happened
No matter how hard you try
No matter how much you think about it
No matter how much you cry

What happens in your lifetime
Happens for reasons unknown
So you have to let the cards unfold
Let your story be shown

Don't get wrapped up in the negative
Be happy with what you have been given
Live for today not tomorrow
Get up, get out and start living

Because the past is the past for a reason
It's been and now it is gone
So stop trying to think of ways to fix it
It's done, it's unchangeable, move on