

Part 4: "My Past"

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## WE HANG ONTO OUR PAST BECAUSE...

- ...WE CAN'T FORGET IT
- ...WE CAN <u>RE-WRITE</u> HISTORY
- ...WE CAN FEEL <u>SORRY</u> FOR <u>OURSELVES</u>
- ...WE CAN BE THE <u>JUDGE</u>, <u>JURY</u> AND <u>EXECUTIONER</u>

## ONCE I LEARN TO GET PAST MY PAST, I CAN FINALLY START...

1. ...REFOCUSING ON MY PRESENT AND FUTURE SPACE

"Anyone who belongs to Christ is a new person. <u>The past is forgotten</u>, and everything is new."

2 Corinthians 5:17 (CEV)

"But I wipe away your sins because of who I am.

And so, I will forget the wrongs you have done."

**Isaiah 43:25** (CEV)

"I don't depend on my own strength to accomplish this; however I do have <u>one</u> <u>compelling focus</u>: <u>I forget all of the past</u> as I fasten my heart to the future instead."

Philippians 3:13 (TPT)

## 2. ...FULLY LOVING AND TRUSTING AGAIN

"Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. Love is not rude, is not selfish, and does not get upset with others. Love does not count up wrongs that have been done. Love takes no pleasure in evil but rejoices over the truth. Love patiently accepts all things. It always trusts, always hopes, and always endures."

**1 Corinthians 13:4-7** (NCV)

## 3. ...GETTING OVER <u>BEING BITTER</u> SO I GET ON WITH BEING BETTER

"My friends, do not try to punish others when they wrong you, but wait for God to punish them with his anger. It is written: 'I will punish those who do wrong; I will repay them,' says the Lord."

**Romans 12:19** (NCV)