



Moving On: Reconciling My Past

I. The Truth about Our Past

Lie: You must forget your past and leave it behind.

Philippians 3:13-14

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Release occurs when you begin to live life in the eternal now.

Truth: Until you come to grips with your past you can't live freely in the present.

- Your past _____ itself most in your present _____.

II. Finding a Release from Your Past

A. Exposing the Deeds of Darkness

- Any _____ or _____ from your past that has not been brought out into the light will keep a life of its own in the past and will affect all future relationships.
- God's primary concern with your past is that you not try to _____ it or _____ it. (Ephesians 5:11,13)

Have your past experiences been exposed to the Light?

B. Forgiving Past Offenders

- Forgiveness is God's way of _____ with the _____.
- Forgiveness means _____ the person to _____ to settle the score.
- If you are trying to make the person _____, you will end up with a boomerang of _____. (Ephesians 4:32)

- Forgiveness says, "I _____ you from the _____ of making up to me what you took from me."

What or who from your past needs to be forgiven?

C. Grieve Your Losses

- Grieving is a conscious process by which you deliberately release your attachment to _____, goals and dreams, and _____ that you can no longer have. (II Corinthians 6:11-13)
- Ties to the _____ life keep you from living the _____ life that God has for you. (Luke 17:32-33)
- _____ the past is a way of being released from it. (Ecclesiastes 7:2-4)
- Only when you connect with the _____ of our losses can you connect to the _____ of God. (Matthew 5:4 & Isaiah 53:3)
- _____ and _____ need to go somewhere; if you express them, you can let go of them and be released.

What from your past do you need to grieve?

D. Confession and Repentance

- Many people fail to take responsibility in the _____ because of a difficulty in the _____.
- You are a _____ of your past and not a _____.
- You must _____ at your past in order to _____ of patterns of behaviors you have learned. (II Chronicles 30:7-8)
- You must bring old patterns into the open, _____ them what God calls them and then _____ them where God left them.
- If you _____ the sins of your fathers, you are _____ to repeat them.

Formula for Release:
Search your past, confess your past (God and man), leave your past (repentance), and make what amends you can from your past. If you do this you will experience a release from your past.

What from my past needs to be confessed and repented of?