



## 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, <sup>14</sup>I 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?*