

MARINERS CHURCH



"I Can Leave My Past Behind" [Redeeming My Past] 9.27.2020

But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal.
Philippians 3:13-14

"While the past can't hurt me, my feelings about the past can."

Anything that has happened to me that has not been brought out into God's light still has a life of its own and will affect my life today.

I need to go back into my past and make sure I have dealt with the issues of the past (through God) so I can move ahead.

To deal with my past...

I need to deal with wrong things done to me.

Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them. Ephesians 5:11

"As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive." Genesis 50:20

I need to forgive those who have hurt me.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32

I need to grieve my losses.

"Grieving is a conscious process by which we deliberately release our attachment to persons, goals, or wishes we can no longer have." Cloud, page 103

Do not grieve as do the rest who have no hope. 1 Thessalonians 4:13



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I must be thankful for my life's story.

And you will always give thanks for everything to God the Father in the name of our Lord Jesus Christ. Ephesians 5:20

No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18

**I can't change the past.
I can redeem the past.**

For your LifeGroup and Accountability Time
Share a memory from your childhood that still affects you today.

What reasons do you think God has for allowing the past to play such a powerful role in our lives?

What do you think it means to "redeem" the past?

We looked at several ways we can redeem the past.
Which one(s) speak the clearest to you and why?

-Deal with wrong things done to me

-Forgive those that have hurt me

-Grieve my losses

-Be thankful for my life story.

For which parts of your life's story are you the most thankful?