

MARINERS CHURCH



MarinersCC.org



/marinerscc



@MarinersHMB



@MarinersHMB



MarinersHMB



Hope When I'm Trapped by My Past
April 13-14, 2019

Hope is strength and confidence in life because a loving God is in charge of life and in charge of my life and no matter what happens, He is in control and it will be OK.

My past traps me through
...things I've done
...things that were done to me.

Whatever thing in my past that I have not brought out into the open still has a life of its own and I can be sure that it will affect me.

Finding hope

Face the wrong things done to me.

Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them. It is shameful even to talk about the things that ungodly people do in secret. But when the light shines on them, it becomes clear how evil these things are. Eph. 5:11-13

"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

Forgive those who have hurt me.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32

Forgiveness: releasing the demand that they somehow make it up to me.

Face the things I've done.

If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. 1 John 1:10

But all things become visible when they are exposed by the light, for everything that becomes visible is light. Ephesians 5:13 (NASB)

#1 For our sins: **CONFESS.** 1 John 1:9

#2 Go and **make it right.** Matthew 5:23-24

Grieve my losses.

Do not grieve like people who have no hope. 1 Thessalonians 4:13

But all things become visible when they are exposed by the light, for everything that becomes visible is light. Ephesians 5:13

When I face the past I give God permission to redeem my past to shape me and make me part of His plan in the world today.

Talk it Over! Questions for your LifeGroup and time with your accountability partner.

Let's talk about High School!

My school's mascot was...

A favorite class was...

What I was like...

Why do you think the past has such control over us?

Look at Philippians 3:1-14. Talk about the spiritual principles about the past, pressing on to the future, and anything else that stands out to you.

How can you forgive those in the past, even though you may never see them again? What does forgiveness do for your past?